

The 80/10/10™ Diet

*Balancing Your Health,
Your Weight, and Your Life
One Luscious Bite at a Time*

Dr. Douglas Graham



FOODNSPORT.COM
DEFINING THE CAUSE OF HEALTH



The 80/10/10 Diet
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Trademark Statement

Since my graduation from chiropractic college in 1983, I have performed considerable research and have lectured extensively on the subjects of health, diet, and athletics to tens of thousands of people in the United States and around the world. The essence of my life's work has been summed up in the related phrases **80/10/10** and **80/10/10RV**, and their corresponding shorthand **811** and **811RV**. While **80/10/10** originally referred to a nutritional ratio, followers of my work know that it has come to mean much more. Over the decades, I have strived to imbue the **80/10/10** concept with the additional meanings of adequate sleep, exercise, positive outlook on life, and many other health-promoting factors. As a result, I am formally asserting trademark rights to **80/10/10**, **80/10/10RV**, **811**, and **811RV** in order to maintain the high standards they have come to represent in the public mind and to protect the public's association of these concepts with me and my work. I hope everyone in the health/nutrition field will honor and respect these marks, using them only when licensed or authorized or, if without specific authorization, with proper acknowledgment and notice in accordance with law and custom.

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The information contained in The 80/10/10 Diet is provided for your general information only. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. Dr. Douglas Graham does not give medical advice or engage in the practice of medicine. Under no circumstances does Dr. Graham recommend particular treatment for specific individuals, and he recommends in all cases that you consult your physician or a qualified practitioner before pursuing any course of treatment or making any changes to your diet or medications.

— Douglas N. Graham, DC

Dedication

With fondest respect,
I dedicate this book to my friend and mentor,
the late T.C. Fry.

When I gave the eulogy at Terry's memorial service, I promised that his memory would live on. My life, and this book, are testaments to that intention. May his work continue to influence people for the better until living healthfully becomes a normal and natural part of every person's life.

Acknowledgments

I wish to offer my gratitude to the many people who made this book possible. It is not possible to name them all, as so many folks played an important part in its creation.

First, my special thanks go to the following people, each of whom worked with me and helped me to clarify my thoughts on the subject matter in this book: Gail Davis, Dave Klein, Ken Lyle, Laurie Masters, Tim Trader, Laurie Clifford, Robert Sniadach, Bruce Brazis, David Rodenbucher, Catherine Galipeau, and John Pierre.

Contributions came in many forms, from information to editing, from research to relief. Some of you provided me with the necessary sounding board that I needed, others asked the questions that brought clarity to some aspect of this project or another. Some folks provided help simply by sharing the details of their program with me, including the problems and solutions they had discovered along the way. I wish all of you could know how important your influence really was.

For their behind-the-scenes contributions, I would like to especially thank Dennis Nelson, David Taylor, Justin Lelia, Josh Steinhauser, Tom Cushwa, Gideon and Jackie Graff, Nancy Parlette, Todd Ewen, Dr. Deborah Wood, Charlie Mort, Craig Bishop, Coby Siegenthaler, Suzanne Slusser, and Shari Leiterman.

I wish to thank John Robbins and Michael Greger for giving me their kind permission to reprint some of their previously published work, and also Antonia Horne for allowing me the privilege of including excerpts from her late husband Ross Horne's work.

Many people simply pushed for me to put this body of work into print, as they wanted to show it to their dear ones. Each of you contributed in your own special way, giving something that made it possible for me to get on with my work. For this I thank you. It means a great deal to me that you would think my work so valuable as to be willing to take the energy to prod me into writing this book. Those of you who actually gave up your precious time in order for me to move forward with this project provided invaluable support.

Many people helped with the creation of the Frequently Asked Questions section, providing questions and, in many instances, appropriate responses. My appreciation goes to Randall Phelps, Janie Gardener, and Jack Whitley for their help with editing the FAQs.

Marr Nealon, your efforts to help me promote this cause were (and continue to be) stupendous, thank you.

To my niece, Shyella Joy Mayk, thank you for all your fitness motivation, support, and your endless help with my website. And to Liati Natanya Mayk, her sister, thank you for keeping me intellectually

honest and helping me maintain my perspective through the relaxation of music.

To Gail Davis, my publicist, thank you for the long nights of proofreading and your continual input on how to illuminate this book and my business so that they would evolve into everything I knew they could be.

The hours just kept speeding by while I worked on The 80/10/10 Diet. I often lost track of time, and sometimes also lost track of commitments, appointments, meals, my personal needs for physical activity, and even sleep.

Fortunately, I am extremely blessed, in that I have a personal angel in my life who makes it her full-time job to look after me. I wish to thank my beautiful wife Rozi, for her selfless and endless attention while I worked on this book. Without her constant help and support, I would never have been able to have made time for this book. Even if I had been forced to try, I do not think I would have successfully or healthfully been able to complete it without her.

Thank you, Rozi, for paying attention to so many of life's little and big details. I would have let them slip in pursuit of finishing this task. I can only hope that you feel as rewarded by me as I do by you, and as supported.

I am forever indebted to my loving parents, Marty and Bea, who have always taught me how to be a successful adult by their shining example. My wish is that in raising my own child, Faychesca, I am able to employ the same parenting skills that they have shown me, with at least a modicum of their competence and grace.

Also by Douglas N. Graham

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Foreword

As an Ironman triathlete, ultramarathoner, and holder of nearly 1,000 race first places, I know how important the right diet is. It dismays me to see how much dietary misinformation is being spread with the main goal being to make money. Because so many people are misinformed about the proper diet, obesity is at the highest rates in history, and as more people buy into these money-making schemes, obesity and its associated diseases are going to continue to increase at horrendous rates.

Over and over again, I hear people saying they've tried "everything" to lose weight—low fat, high fat, low carb, high carb, low protein, high protein, all kinds of pills, shots, powders, and shakes—you name it and they say they've tried it. The main cause of their failure is misinformation.

There are reasons for each of these dietary failures. What they were told was "low fat," usually 30%, actually is not low fat at all, and they have no idea how to get to an effective low-fat 10% as described in this book. High-fat diets can be dangerous and put you at risk for the diseases that most Westerners die from prematurely. Low-carb diets are also dangerous, and most people have no idea that the ideal diet consists of 80% carbs. But, it must be the right carbs.

High-protein diets lead to osteoporosis, kidney disease, and lack of energy for exercise. Most people think that low-protein diets will never work, having been convinced by the meat and dairy industries that the more protein you eat, the better—and nothing could be further from the truth.

As for pills, shots, powders, and shakes, these gimmicks will never give people the health they really seek. What they don't realize is that obesity is actually a symptom of eating the wrong diet. The same is true of most of the other diseases we suffer from, for example, heart disease, cancer, stroke, diabetes, arthritis, colitis, constipation, osteoporosis, acne, erectile dysfunction, dementia, and even vision and hearing problems. These are all symptoms of the diseases of consuming the wrong diet.

You are holding in your hands the book that will give you the dietary information we all need to have. You don't have to be an Ironman triathlete or even want to be one, but you owe it to yourself to read *The 80/10/10 Diet!*

[Ruth E. Heidrich, PhD](#)
[Author, *A Race For Life*](#)

Preface

This was not an easy book to write. I tried to create *The 80/10/10 Diet* on several occasions in the past, but it has proven to be a daunting project riddled with false starts. For some reason, nothing about this particular piece of work has been easy. I can only assume that it must be like the old saying, “nothing worthwhile is ever easy.” I believe that this is the most worthwhile book that I have written to date.

In writing *The 80/10/10 Diet*, I found myself constantly enmeshed in a deep inner debate, wondering how to most effectively reach the largest number of people:

- Will I reach more people through appeals to their heads or their hearts? Will quoting numbers, current research, scientific studies, and textbook facts bolster their willingness to make dietary changes?
- Will such minutiae cause readers to lose interest, or can each bit of data build upon the previous ones until it forms a convincing and solid information base?
- How deep need I go in order to get my point across? Will it suffice to say that all the animals built like us eat fruits and vegetables and very little fat, therefore we should too?
- Will stories and testimonials about high levels of health, boundless energy, unexpected healing, effortless weight loss, spiritual awakening, and newfound enthusiasm for life be viewed as hyperbole or truthful inspiration?

And perhaps most worrisome ...

- If I leave something out, will I get a second chance?

The research for this book often left me studying for several days in order to write just one or two sentences. The more I learned, the more there was to learn, it seemed. I eventually had to choose between writing a book and becoming a full-time reader of other people’s work.

I gathered a tremendous amount of information, but a great deal of what I learned proved simply not to be relevant to the creation of this book. I can only hope it will be valuable material for future works.

Who Should Read This Book?

I wrote this book for anyone who believes that appropriate body weight and vibrant well-being are their birthright as well as their responsibility—anyone willing to keep striving for the physique and the health they desire.

The **80/10/10** plan is not an all-or-nothing proposition. It allows you to work toward a goal, rather than simply follow a diet. You do not have to eat primarily vegetarian or raw foods to benefit from the **80/10/10** program.

If you eat a relatively typical American diet, **80/10/10** is a program that allows you to continue eating the foods you are used to, while beginning to introduce the new foods that will lead you toward your goal. Direction, not speed, is the most important aspect of learning to succeed with **80/10/10**.

If you have already transitioned your diet to vegetarian, vegan, or raw foods, you will still find the principles in this book to be a step forward for you. In fact, this book represents the brass ring for raw fooders. I feel ecstatic that I finally have succeeded in writing about the program I have taught for years in the raw and vegetarian communities.

Discouraged by their inability to succeed on raw food and confused by the opposing information they hear from other teachers, raw-food enthusiasts have pleaded with me: “I bet I am eating high-fat raw, but I don’t know how to figure it out, and I need more information on what to do about it.”

Now, with the sample calculations in hand, I stand before the raw-food community with clear evidence of the dangerously high fat consumption common in our ranks—and with a clearly articulated plan for those who wish to raise the bar a notch and reach for the ultimate low-fat plan for raw health.

The Results Speak for Themselves

The principles I share in this book represent more than twenty-five years of research and almost two decades of assisting people with their health, nutrition, and athletic performance in private consultation. During that time, I have used the **80/10/10** program myself—and with thousands of clients who are consistently delighted with their newfound health, vigor, and physical appearance.

I have seen the sickest of the sick regain high levels of health and vitality, simply by making intelligent food and lifestyle modifications. I have watched people pronounced “terminally ill” by the medical establishment heal

themselves using the program described in this book. I have watched former world-class athletes rejuvenate themselves to the degree that they are once again achieving “personal best” performances. Truly, **80/10/10** is not only a “diet” but a success formula. And it just keeps getting better.

In Error! Reference source not found., I have compiled a collection of testimonials from healthy, happy, and successful practitioners of the **80/10/10** way of life. Their inspiring stories speak for themselves.

Wherever you are on your journey to ever-greater well-being, I hope that you enjoy reading *The 80/10/10 Diet* and find it valuable, insightful, and motivating. It is my sincerest belief that you will find within these pages the nutritional guidance you need to attain, regain, and maintain the radiant, trim body of your dreams and an even a higher level of health than you have ever dared to strive for.

Let All Find Their Own Path

While in my experience, consuming a 100% raw version of the 80/10/10 diet is optimal, other low(er)-fat plant-centered diet programs also offer substantial health benefits ... and many people find them to be the right choice for their lives. If you find yourself judging others for not choosing all raw, all low-fat, or even all vegan foods, I implore you to take a **BIG** step backward and recognize that all of us must make our own choices, and no one path is best for all people.

I have been saddened and dismayed by the number of people who tell me that an enthusiastic 80/10/10 supporter has stopped talking to his or her family, or has taken on a holier-than-thou fundamentalist attitude with friends who do not “see the light.”

Friends, if you stop connecting with your loved ones over the food you eat, you have missed the point! Healthful living includes healthy relationships and compassion for your fellow humans. If you wish to contribute to your loved ones, accept them where they are, and then lead by example, with an open heart ... you will have far greater success if you do.

A Tribute to T. C. Fry

The late T.C. Fry (1926–1996), a world-renowned and much-loved health educator, was a mentor for me. He helped me sort the trash from the treasures in the world of health and nutrition. He never told me what to think, but he often instructed me in how to think ... to refine the process of thinking so that I could come up with truth for myself. He loved to pursue a line of thought through to its logical and often only valid conclusion.

T.C. (he told me on several occasions that T. was his full name, but that his friends often called him Terry) and I lectured in hundreds of cities together, giving weekend seminars throughout much of the 1980s and into the early '90s. We sold no products, just education. The topics were almost always different, but always about some aspect of health.

I once asked Terry why we didn't simply come up with a format of lecture topics that we could stick to, one we could take to all the different cities on our tour.

"I am training you," he said, proffering his irresistible smile. I like to think he did a good job.

Terry was not perfect, by any stretch of the imagination. He openly admitted his flaws. He had minimal formal education. At the age of 45, with his health failing terribly due to an intensely abusive lifestyle characterized by its excessiveness, he turned his life around. The doctors had already told him that he didn't have much longer to live. A change in diet coupled with attention to many of the other necessities of healthful living gave Terry another twenty-five years.

In the end, his intensity got the better of him. He simply worked himself to death in an effort to spread the health message to as many people as possible. His work was not in vain. His students have had a profound effect upon the current health movement, and are continuing to do so. Most notable is the work of Harvey and Marilyn Diamond with their groundbreaking book, *Fit for Life*. Many of Terry's other students have authored books. I am proud to be among them.

When he was alive, Terry often visited my home. On more than one visit he had proclaimed that his writing was for the public, that he wanted it

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to go to good use. He generously made the offer that I should reprint his writing wherever I saw fit.

This is one of those occasions. I have incorporated several short pieces of Terry's writing into *The 80/10/10 Diet*. His comparative anatomy assessment of the natural diet for humans, which I have included in a somewhat revised form a, is the longest of them.

What Americans Eat¹

Rank	Food Group	% of Total Energy	Cumulative %
1	Sweets, desserts	12.3	12.3
2	Beef, pork	10.1	22.3
3	Bread, rolls, crackers	8.7	31.0
4	Mixed dishes	8.2	39.2
5	Dairy	7.3	46.5
6	Soft drinks	7.1	53.6
7	Vegetables	6.5	60.1
8	Chicken, fish	5.7	65.8
9	Alcoholic beverages	4.4	70.2
10	Fruit, juice	3.9	74.2

**Fundamental Elements of Health
Are You Thriving or Surviving?**

Rate yourself, from zero to ten, in each of the following areas.

- _____ 1. Clean, fresh air
- _____ 2. Pure water
- _____ 3. Foods for which we are biologically designed
- _____ 4. Sufficient sleep
- _____ 5. Rest and relaxation
- _____ 6. Vigorous activity
- _____ 7. Emotional poise and stability
- _____ 8. Sunshine and natural light
- _____ 9. Comfortable temperature
- _____ 10. Peace, harmony, serenity, and tranquility
- _____ 11. Human touch
- _____ 12. Thought, cogitation, and meditation
- _____ 13. Friendships and companionship
- _____ 14. Gregariousness (social relationships, community)
- _____ 15. Love and appreciation
- _____ 16. Play and recreation
- _____ 17. Pleasant environment
- _____ 18. Amusement and entertainment
- _____ 19. Sense of humor, mirth, and merriment
- _____ 20. Security of life and its means
- _____ 21. Inspiration, motivation, purpose, and commitment
- _____ 22. Creative, useful work (pursuit of interests)
- _____ 23. Self-control and self-mastery
- _____ 24. Individual sovereignty
- _____ 25. Expression of reproductive instincts
- _____ 26. Satisfaction of the aesthetic senses
- _____ 27. Self-confidence
- _____ 28. Positive self-image and sense of self-worth
- _____ 29. Internal and external cleanliness
- _____ 30. Smiles
- _____ 31. Music and all other arts
- _____ 32. Biophilia (love of nature)

Humans vs. Carnivores	
The following is an incomplete list of the major differences between humans and carnivorous creatures.	
Walking	We have two hands and two feet, and we walk erect. All of the carnivores have four feet and perform their locomotion using all fours.
Tails	Carnivores have tails.
Tongues	Only the truly carnivorous animals have rasping (rough) tongues. All other creatures have smooth tongues.
Claws	Our lack of claws makes ripping skin or tough flesh extremely difficult. We possess much weaker, flat fingernails instead.
Opposable thumbs	Our opposable thumbs make us extremely well equipped to collect a meal of fruit in a matter of a few seconds. Most people find the process effortless. All we have to do is pick it. The claws of carnivores allow them to catch their prey in a matter of seconds as well. We could no more catch and rip the skin or tough flesh of a deer or bear barehanded than a lion could pick mangos or bananas.
Births	Humans usually have children one at a time. Carnivores typically give birth to litters
Colon formation	Our convoluted colons are quite different in design from the smooth colons of carnivorous animals.
Intestinal length	Our intestinal tracts measure roughly 12 times the length of our torsos (about 30 feet). This allows for the slow absorption of sugars and other water-borne nutrients from fruit. In contrast, the digestive tract of a carnivore is only 3 times the length of its torso. This is necessary to avoid rotting or decomposition of flesh inside the animal. The carnivore depends upon highly acidic secretions to facilitate rapid digestion and absorption in its very short tube. Still, the putrefaction of proteins and the rancidity of fats is evident in their feces.
Mammary glands	The multiple teats on the abdomens of carnivores do not coincide with the pair of mammary glands on the chest of humans.

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Sleep	Humans spend roughly two thirds of every 24-hour cycle actively awake. Carnivores typically sleep and rest from 18 to 20 hours per day and sometimes more.
Microbial tolerance	Most carnivores can digest microbes that would be deadly for humans, such as those that cause botulism.
Perspiration	Humans sweat from pores on their entire body. Carnivores sweat from the tongues only.
Vision	Our sense of vision responds to the full spectrum of color, making it possible to distinguish ripe from unripe fruit at a distance. Meat eaters do not typically see in full color.
Meal size	Fruit is in scale to our food requirements. It fits our hands. A few pieces of fruit is enough to make a meal, leaving no waste. Carnivores typically eat the entire animal when they kill it.
Drinking	Should we need to drink water, we can suck it with our lips, but we cannot lap it up. Carnivores' tongues protrude outward so they can lap water when they need to drink.
Placenta	We have a discoid-style placenta, whereas the carnivores have zonary placentas.
Vitamin C	Carnivores manufacture their own vitamin C. For us, vitamin C is an essential nutrient that we must get from our food.
Jaw movement	Our ability to grind our food is unique to plant eaters. Meat eaters have no lateral movement in their jaws.
Dental formula	Mammalogists use a system called the "dental formula" to describe the arrangement of teeth in each quadrant of the jaws of an animal's mouth. This refers to the number of incisors, canines, and molars in each of the four quadrants. Starting from the center and moving outward, our formula, and that of most anthropoids, is 2/1/5. The dental formula for carnivores is 3/1/5-to-8.
Teeth	The molars of a carnivore are pointed and sharp. Ours are primarily flat, for mashing food. Our "canine" teeth bear no resemblance to true fangs. Nor do we have a mouth full of them, as a true carnivore does. I am reminded of one of Abraham Lincoln's favorite retorts: "If you counted a sheep's tail as a leg, how many legs

	would it have?” Invariably, people would answer, “five.” To which Lincoln would respond: “Only four. Counting the tail as a leg doesn’t make it one.”
Tolerance for fat	We do not handle more than small quantities of fat well. Meat eaters thrive on a high-fat diet.
Saliva and urine pH	All of the plant-eating creatures (including healthy humans) maintain alkaline saliva and urine most of the time. The saliva and urine of the meat eating animals, however, is acidic.
Diet pH	Carnivores thrive on a diet of acid-forming foods, whereas such a diet is deadly to humans, setting the stage for a wide variety of disease states. Our preferred foods are all alkaline-forming.
Stomach acid pH	The pH level of the hydrochloric acid that humans produce in their stomachs generally ranges about 3 to 4 or higher but can go as low as 2.0. (0 = most acidic, 7 = neutral, 14 = most alkaline). The stomach acid of cats and other meat eaters can be in the 1 ⁺ range and usually runs in the 2s. Because the pH scale is logarithmic, this means the stomach acid of a carnivore is at least 10 times stronger than that of a human and can be 100 or even 1,000 times stronger.
Uricase	True carnivores secrete an enzyme called uricase to metabolize the uric acid in flesh. We secrete none and so must neutralize this strong acid with our alkaline minerals, primarily calcium. The resulting calcium urate crystals are one of the many pathogens of meat eating, in this case giving rise to or contributing to gout, arthritis, rheumatism, and bursitis.
Digestive enzymes	Our digestive enzymes are geared to make for easy fruit digestion. We produce ptyalin—also known as salivary amylase—to initiate the digestion of fruit. Meat-eating animals do not produce any ptyalin and have completely different digestive enzyme ratios.
Sugar metabolism	The glucose and fructose in fruits fuel our cells without straining our pancreas (unless we eat a high-fat diet). Meat eaters do not handle sugars well. They are prone to diabetes if they eat a diet that is predominated by fruit.

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Intestinal flora	Humans have different bacterial colonies (flora) living in their intestines than those found in carnivorous animals. The ones that are similar, such as lactobacillus and e. coli are found in different ratios in the plant eaters' intestines as compared to those of the carnivores.
Liver size	Carnivores have proportionately larger livers in comparison to their body size than humans.
Cleanliness	We are the most particular of all creatures about the cleanliness of our food. Carnivores are the least picky, and will eat dirt, bugs, organic debris, and other items along with their food.
Natural appetite	Our mouths water at the sights and smells of the produce market. These are living foods, the source of our sustenance. But the smell of animals usually puts us off. Meat eaters' mouths water at the sight of prey, and they react to the smell of animals as though they sense food.

The American Diabetes Association says, “The use of added fructose as a sweetening agent is not recommended; however, there is no reason to recommend that people with diabetes avoid naturally occurring fructose in fruits, vegetables, and other foods.”²

Glycemic Index/Glycemic Load³						
A comparison of common foods						
(listed in order of glycemic load)						
Food	Glycemic Index (GI)			Glycemic Load (GL)		
	Low 1-55	Med 56-59	Hi 70+	Low 1-10	Med 11-19	Hi 20+
Fruits (120 grams)						
Strawberries	40			1		
Watermelon	72			4		
Cantaloupe	65			4		
Peaches	42			5		
Apples	38			6		
Pineapples	59			7		
Grapes	46			8		
Bananas	52			12		
Starchy vegetables, grains, and other complex carbohydrates						
(serving sizes vary)						
Carrots	47			3		
Beets	64			5		
Bran cereal	42			8		
Popcorn	72			8		
Corn, sweet	54			9		
Whole wheat bread	71			9		
Wild rice	57			18		
Spaghetti	42			20		
White rice	64			23		
Cous cous	65			23		
Baked potatoes	85			26		
Sweet potatoes	61			27		

Long-Lived Cultures Eat High Carbs, Low Fat

In John Robbins' new book, *Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest Lived Peoples*, he describes the lifestyles and eating patterns of the long-lived cultures of Abkhasia (Russia), Vilcabamba (Ecuador), and Hunza (Pakistan). This table is taken from Robbins' book:

	Abkhasia	Vilcabamba	Hunza
Percent of calories from carbohydrate:	69%	74%	73%
Percent of calories from fat:	18%	15%	17%
Percent of calories from protein:	13%	11%	10%
Overall daily calories:	1,800	1,700	1,800
Percentage of diet from plant foods:	90%	99%	99%
Percentage of diet from animal foods:	10%	1%	1%
Salt consumption	low	low	low
Sugar consumption:	0	0	0
Processed food consumption:	0	0	0
Incidence of obesity:	0	0	0

The Abkhasians, Vilcabambans, and Hunzakuts have traditionally consumed high carbohydrates and little fat mostly out of necessity, eating strictly from the foods that have been available to them. They have done so naturally, without any science to guide them and without options for choosing or adjusting their caloronutrient ratio.

Pros and Cons of the “Percentage of Calories” Model

I am aware of the concern that people could be dangerously misled if they try to compare the caloronutrient ratios of foods with wildly differing caloric densities. Below is an example that highlights this potential confusion, followed by another example that illustrates why I nonetheless choose to calculate nutrients using the percentage of calories approach.

How Percentage of Calories Can Seem Misleading

Let’s look at some numbers that could be confusing to those new to the calorie concept:

- Spinach contains 30% protein (30% of its calories come from protein).
- Macadamia nuts contain “only” 4% protein.

Given just this information, one might be led to believe that a pound of spinach provided more protein than a pound of nuts. However, knowledge of *total calories*, and not just percentages, is required to make sense of this data. A pound of spinach contains 104 calories (31 of which are protein) and a pound of macadamia nuts has more than 3,250 calories (125 of which are protein). In terms total calories, the nuts yield four times as much protein as the spinach.

How the Calorie Model Is Useful

Imagine that a person eats 7 pounds of food in a day, and only 3.5% of that weight consists of high-fat food. This sounds like a low-fat day, right?

Not hardly. Let's look at a simple example of a "healthful" day's intake that comprises 7 pounds of food and only 4 ounces of fatty food:

- 4 lbs. fruit (1814g) about 900 calories, 60 fat
 - 1 lb. lettuce (454 g) about 75 calories, 11 fat
 - 1.75 lbs. other vegetables (794 g) 240 calories, 12 fat
 - 1 ounce olive oil (28 g, just over 2 teaspoons) 250 calories, 250 fat
 - 3 ounces almonds (85 g, about 45) 490 calories, 360 fat
- Total: 1,955 calories, 693 fat**

The nuts and oil in this example weigh only ¼ pound but amount to 740 of the 1,955 total calories. Since the nuts are not all fat, and the plants do contain some fat, the total comes to 693 fat calories, or **35%** of the day's intake. This is the same percentage of fat found in the standard American diet. This quantity of fat, of any type, is not "low," or healthful, by any standard!

Measuring Percentage by Volume vs. Calories		
	Lettuce	Almonds
% of salad volume (6.25 cups total)	96% (6 of 6.25 cups)	4% (0.25 of 6.25 cups)
% of salad calories (262 calories total)	22% (57 of 262 calories, 7 from fat)	78% (205 of 262 calories, 151 from fat)

In **Error! Reference source not found.** I provide analyses of sample meals that use real recipes and quantities, to help you begin to get a sense of how your daily meals stack up in terms of caloronutrient ratio.

The Bull’s Eye: 80/10/10rv

For those who choose to follow the healthiest version of **80/10/10** in order to achieve off-the-charts results in every aspect of your well-being, we add the suffix RV, standing for “raw vegan,” to the **80/10/10** designation. Also called the “low-fat raw vegan diet,” **80/10/10rv** presents you with the life-changing opportunity to partake exclusively of Nature’s bounty—consuming only whole, fresh, unprocessed and undressed plant foods in the form Mother Earth presents them to us.

I have eaten substantially this way and used the 80/10/10rv program, as it has evolved, with clients for more than twenty years, —with astonishing results. This approach to diet and nutrition has proven over that time to be the healthiest dietary regimen known to man. By the time you finish this book, you will have the specifics you need to implement this program in your life.

How Close to 80/10/10 Am I?

How does **80/10/10** compare to *your* caloronutrient ratio? Well, naturally, each of us is unique, but the generalizations are telling. Various sources suggest that Americans consume 40 to 50% of calories from carbohydrates, about 16% protein, and about 35 to 45% fat.⁴ After twenty years of doing dietary analysis for my clients, I have observed that 42/16/42 is typical for most people.

As this book explains, most of us in the U.S.—even vegetarians and vegans—tend to gravitate toward this 42/16/42 average, a proportion that provides far less fuel (carbohydrate) than our bodies need in order to thrive ... and a seriously dangerous level of fat.

You will also step through some calculations so that you can assess the caloronutrient ratio of commonly consumed raw-food plans. You will see for yourself, through simple examples, something that became apparent to me years ago: Raw fooders, for the most part, are consuming astonishing levels of fat—sometimes twice that of the fast-food-eating mainstream! Naturally, cooked fat carries with it a host of problems not present in raw fats, but high levels of either can wreak tremendous havoc with our health.

**80/10/10rv—whole,
fresh, unprocessed
plant foods as Mother
Earth presents them.**

If you are new to the high-produce way of eating, consider yourself lucky to have encountered this information early in your quest. With this book, you can steer clear of the pitfalls that leave so many vegetarians and raw-food enthusiasts disheartened and unsure of where to turn next. If you are a raw fooder, this book may catapult you into a whole new reality, as answers to long-standing nagging questions begin to emerge. You may find light bulbs going on as you begin to understand why you or your friends may not have quite thrived as promised on this “healthiest of all diets.”

Tracking Your Own Numbers

In **Error! Reference source not found.**”, I describe online tools and other resources that you can use to get a sense of what you are eating. I encourage you to take the time to learn to use a nutrient-analysis tool, at least for a short while. Perhaps the most important use of these automated calculators is to make sure you get enough calories for your size and activity level. This is of critical importance, as undereating in terms of calories is one of the main reasons that people fail to thrive on a high-produce diet.

To keep it simple, a week or so of tracking your meals online can give you sufficient information to begin seeing the true composition of your diet. From there, you will be able to recognize pitfalls and start adjusting your caloronutrient ratio. After that, you may want to log on and catalog a day’s consumption here and there, or as new foods come into season, just to make sure you are still on track ... but soon **80/10/10** will become second nature, and no such effort will be necessary.

Protein Content of Common Foods⁵ (percentage of calories)			
Food	Protein	Food	Protein
Apricots	10%	Asparagus	27%
Bananas	4%	Broccoli	20%
Cherries	6%	Cabbage	15%
Cucumbers	11%	Carrots	6%
Grapes, red	4%	Corn	10 %
Oranges, Valencia	7%	Kale	16%
Peaches	8%	Lettuce, green leaf	22%
Strawberries	7%	Spinach	30%
Tomatoes, red	12%	Cheese, cheddar	26%
Watermelon	7%	Milk, whole	23%
Potatoes, baked	7%	Egg, poached	37%
Rice, white	8%	Ice cream, chocolate	8%
Spaghetti noodles	14%	Beef, ground (avg)	50%

Calculating Your Protein Intake

The following examples show how to calculate protein intake and how to convert gram measurements to percentage of calories. Calculations are based on the U.S. RDA of 0.36 grams of protein per pound of body weight (the *upper* limit of protein intake on the **80/10/10** diet).

My guidelines vary from these slightly, as I make my recommendations as a percentage of total calories consumed rather than by body weight. I believe this system works far better, because it allows for individual differences in fuel use, which can vary by a factor of ten for extremely sedentary people and extremely active people of the same weight.

125-Pound Woman: 45g

- 0.36 grams of protein \times 125 pounds = 45 grams of protein per day.
- 45 grams of protein contain approx. 180 calories ($45 \times 4 = 180$).
- If this woman is sedentary and eats about 1,800 calories per day, this amount of protein would come to 10% of her total calories for the day.
- If this woman is more active and eats perhaps 2,300 calories per day, 180 calories of protein would amount to 8%.

175-Pound Man: 63g

- 0.36 grams of protein \times 175 pounds = 63 grams of protein per day.
- 63 grams of protein contain approx. 252 calories ($63 \times 4 = 252$).
- If this man is sedentary and eats about 2,400 calories per day, this amount of protein would be just over 10% of his calories for the day.
- If this man is more active and eats 3,000 calories per day, 252 calories of protein would amount to 8%.

In light of the near-double safety factor of the U.S. RDA, I have no concerns when I see my clients consuming even less protein relative to their size. In my experience, about 5% of calories from protein, especially when it is high quality and unadulterated by heat, is adequate and healthful.

How Can 2% Milk Be 35% Fat?

You may have heard someone say that “2% milk” is anything but low fat. Most of us who have not taken the time to learn the nuances of interpreting food labels find this quite paradoxical. How can it be?

The answer lies in the distinction between percentage by weight versus percentage by calories. The following macronutrient calculation example demonstrates this distinction and shows just how misleading food marketing can be.

100 grams of whole milk contain 60 calories.

Its weight (100 grams) is distributed as follows:

88.3 grams of water

0.7 grams of ash (solid residue)

4.5 grams of carbohydrates (× 4 calories per gram = 18 carb calories)

3.2 grams of protein (× 4 calories per gram = 13 protein calories)

3.3 grams of fat (× 9 calories per gram = 30 fat calories)

100 grams total

As you can see, 88% of the milk’s weight (the water) provides no calories. Among the remainder, 3.3 grams out of the 100 grams are fat, which is why the milk label shows “3.25% milk fat.”

However, protein, fat, and carbohydrates do not all contain similar energy value; fat packs more than twice the calories of an equivalent amount of carbohydrates or protein. In rough numbers, each of the 3.3 grams of fat contain approximately 9 calories, while the 3.2 grams of protein and 4.5 grams of carbohydrates contain about 4 calories each.

Thus, in terms of calories, 30 of the 60 calories in whole milk come from fat, a fact the dairy industry is very happy to obscure. The table below summarizes the fat content of the common fluid milk products:

Item (100 grams)	Cals	Fat Cals	% Fat
Whole milk (“3.25% milk fat”)	60	30	50%
Reduced fat milk (“2% milk fat”)	50	17	35%
Low-fat milk (“1% milk fat”)	42	9	20%
Nonfat milk	35	0.7	2%

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Interestingly, the “nonfat” milk contains the 2% fat that the dairy industry would like you to think is in its “2%” product!

The information above can be combined to guide us in determining our nutritional needs. On a 2,000-calorie diet, 0.5% of calories from ALA, or omega-3 represents 10 calories. This is approximately 1.1 grams of ALA, which falls within the IOM’s adequate intake levels (albeit at the bottom of the range). This quantity of ALA can be obtained through the consumption of whole fresh fruits and vegetables, with the occasional addition of nuts and seeds. The following table shows ALA and LA content of selected whole foods.

EFA Content of Various Whole Foods (grams)		
1 oz. Fatty Fruits/Nuts	ALA (omega-3)	LA (omega-6)
Avocado	0.04	0.47
Flaxseed	6.45	1.67
Olive	0.02	0.24
Pine nuts	0.22	7.03
Walnuts	2.57	10.76
8 oz. Fruits & Vegetables	ALA (omega-3)	LA (omega-6)
Banana	0.06	0.10
Blueberry	0.13	0.20
Cabbage	0.08	0.06
Fig	0.00	0.33
Kale	0.41	0.31
Kiwi	0.10	0.56
Mango	0.08	0.03
Oranges	0.02	0.04
Papaya	0.01	0.06
Peaches	0.00	0.19
Pineapple	0.04	0.05
Romaine lettuce	0.26	0.11
Strawberries	0.15	0.20
Tomatoes	0.01	0.18

Based on the above numbers, on a 2,000-calorie 80/10/10 diet, we could obtain recommended levels of EFAs with the following:

- Breakfast: 1.5 lbs. of mangos (about 3) and 12 oz. blueberries.
- Lunch: 44 oz. of bananas (about 11).
- Dinner: 1 lb. of oranges, 1 lb. of romaine lettuce, and 8 oz. of tomatoes.

According to the USDA nutrient database, this meal plan (totaling 2048 calories) provides 1.3 grams of ALA and 1.4 grams of LA. This

maintains the 1:1 ratio and supplies the minimum necessary EFAs without including any overt fats at all. Including healthful (very small) amounts of overt fats will ensure your needs are met.

Since the average American consumes a higher ratio of omega-6 than omega-3, we are bombarded with nutritional information directing us toward omega-3 supplements. The idea that we need to consume more of some particular nutrient to balance another that is overconsumed is as ineffective as taking vitamin C to minimize the damage from smoking cigarettes. The result of increasing fat consumption, whether from “good” fats or not, is that we end up consuming too much fat. Our need to supplement for nutritional balance would not exist if we were not harming ourselves through our lifestyle and foodstyle choices in the first place. In our ideal diet, the foods are automatically balanced to suit our nutritional requirements.

Why Raw Fooders Eat So Much Fat

Here are some of the reasons why:

Nuts and Seeds in Place of Meat and Dairy

Raw nut and seed loaves, pâtés, and cheeses are staples in every raw gourmet kitchen and sure-fire favorites at raw-food restaurants. But nuts and seeds pack a caloric wallop that even the fattiest meats cannot touch.

Fat in Nut Loaf vs. Ground Beef			
Item	Cals	Fat Cals	% Fat
Nut loaf: 8 oz. walnuts	1,480	1,240	83%
Veg-nut loaf: 4 oz. almond/4 oz. carrot	705	520	74%
Hamburger: 8 oz. ground beef (not lean)	660	410	62%

Seeds Instead of Grain

Flax seeds, sunflower seeds, sesame seeds, hemp seeds, and several others have become popular as the “meal” of dehydrated crackers. Some are more mucilaginous than others, but seeds typically are “sticky” enough to hold together when dehydrated, creating a reasonable facsimile of a cracker.

Fat in Raw vs. Traditional Crackers (percentage of calories)

- 66%: Sunflower flax crackers: (half sunflower seeds, half flaxseeds)
- 58%: Flax crackers (all flaxseeds)
- 49%: Veggie flax crackers (10 C. vegetables, 2 C. flaxseeds)[†]
- 47% Ritz (9 Ritz = 140 calories)
- 38%: Nabisco Wheat Thins (15 Wheat Thins = 140 calories)
- 34% Triscuit (7 Triscuits = 140 calories)
- 22%: Nabisco Snackwell's Wheat (10 Snackwells = 140 calories)
- 0%: Rice cakes (4 cakes = 140 calories)

[†]The “Veggie Flax” cracker listed above is an actual recipe from a recently published book by a popular live-food chef. In all likelihood, at 49% fat, it is the lowest-fat nut/seed-based cracker being consumed in the raw-food world today, as flaxseeds contain the least fat (58%) among the nuts and seeds and the recipe is loaded with vegetables. The regular flax crackers shared at potlucks and sold at festivals are virtually always significantly higher in fat.

This “low-fat” cracker recipe yields approximately a hundred 3 × 3-inch crackers and contains a total of 1,840 calories, or 18.4 calories per cracker. Thus, about 8 of these raw crackers provide the caloric equivalent of 9 Ritz, 15 Wheat Thins, 7 Triscuits, 10 Snackwells, or 4 rice cakes.

Nuts As Pastry Substitutes

Raw-food chefs steer clear of bread, because it is a cooked food. But they still like to make pastries, pies, cookies, and other dishes that traditionally call for dough. Hence, they have learned to make pastry dough out of crushed nuts and even fluffy “bread flour” out of leftover nut-milk pulp—both of which work exceptionally well, if your goal is delicious food without regard for health.

Tastewise, raw pastries are definitely a hit. But the caloronutrient ratio is all wrong. As the following table shows, the fat in a raw pie crust makes the Pillsbury Doughboy look lean.

Fat in Raw vs. Traditional Pie

Crust Comparison

Let's examine the high-fat ingredients commonly used in raw desserts. Many raw pie crust or cake recipes call for 2 cups of nuts or shredded coconut, and sometimes a combination of both.

Item	Cals	Fat Cals	% Fat
Almonds: 2 cups	1,640	1,300	79%
Pecans: 2 cups	1,490	1,310	88%
Shredded coconut: 2 cups	1,320	1,085	82%
Conventional pie crust (for comparison)	900	495	55%

High-Fat Raw Pie Fillings and Toppings

Often, the sweet blended fillings in raw fruit pies get their delicious, creamy "mouthfeel" by adding avocado to the mixture. Also, cashew cream is a favorite topping for pies, cakes, and other raw desserts.

Item	Cals	Fat Cals	% Fat
Avocado: 1 cup	380	290	77%
Cashews: 1 cup	720	480	66%

True, raw pie crusts usually contain sweet fruits such as dates or raisins, and many fillings also contain fresh fruit. These fruits decrease the overall fat percentage of the recipe, but in even the best case, not likely lower than 40% of total calories. But do not let the percentages fool you. A raw fruit pie with a nut-based crust has a tremendous quantity of fat, even before the filling and topping are added. It is important to understand both calories and caloronutrient ratio in order to fully grasp the caloronutrient picture.

Coconuts for All Occasions

Creative raw-food chefs have devised a wide range of culinary applications for coconut meat and dried shredded coconut. Coconut meat shows up in raw items such as icings, sauces, soups, smoothies, cheeses, and creams, whereas the shredded variety adorns granolas, cakes, candies, cookies, pie crusts, tortes, and more.

Many raw fooders plow through a case of young coconuts weekly; some even daily. In addition to the high fat inherent in such a diet, imported coconuts are dipped in fungicide, thus contaminating both the meat and the liquid.

Packaged or bulk shredded coconut, like all other products dehydrated to a crisp, is not really a food in any sense of the word. It is a party item at best. If you include dried coconut at all among your list of acceptable “foods,” I urge you to use it sparingly (maybe once or twice per year for very special occasions), and to purchase only the unsweetened, organically grown product. Otherwise, even the shredded coconut found in health-food stores usually contains sulfites to prevent browning, and often other chemical preservatives and additives. Most commercial air-dried coconut is dehydrated at temperatures between 170 and 180 degrees F.

Coconut Facts

Coconut is a versatile food with a delicious, unique taste. The fruit of the coconut consists of a green or yellow-brown fibrous husk inside which the coconut itself is found. The nut itself has a hard outer shell with a kernel inside.

In the young “green” coconuts, the kernel is soft and jelly-like, and the central cavity is filled with coconut water. As the coconut matures, the kernel becomes harder and the amount of water decreases. The edible parts are the water and meat or jelly.

Below are some of the many ways coconuts are used as food, as well as data on fat content (from the USDA nutrient database).

Coconut meat: The solid white flesh inside the mature coconut.

Coconut jelly: Young coconut meat still in a semiliquid state.

Coconut water: The translucent liquid inside a coconut.

Coconut milk: Liquid expressed from grated coconut meat and water.

Coconut cream: Liquid expressed from grated coconut meat.

Coconut oil: A soft solid at room temperature. Warms easily to liquid.

Dried coconut: Air-dried flaked or shredded mature coconut meat.

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Item (100 grams or 3.5 ounces)	Cals	Fat Cals	% Fat
Coconut meat (mature)	355	285	80%
Coconut jelly: ranges from 20% to 85% fat; increases with maturity.			
Coconut water	20	1.8	9%
Coconut milk	230	200	87%
Coconut cream	330	290	88%
Dried coconut	660	545	82%
Coconut oil	862	862	100%

All manner of amazing health “benefits” are attributed to the coconut, but I do not recommend using food as therapy for any purpose. Coconut meat is nearly all fat, the vast majority of which, (80%) is saturated. If you eat a healthful low-fat raw vegan diet and live healthfully, you will not need the “benefits” of coconut or any other food.

I suggest eating and drinking fresh coconuts when you visit the tropics, but otherwise reserving them only for an occasional indulgence. Aside from fresh, organic young coconut “jelly” or coconut water, this luscious treat is, unfortunately, not the best choice for your health—or your waistline.

Oils Supplant Foods

Many raw fooders believe that when they eat a large salad, they are consuming a low-fat meal. However, this is true only when the salad includes no oil-based dressing or other high-fat ingredients. Just one liquid ounce (2 tablespoons) of any salad oil transforms an innocent, seemingly healthy salad into a high-fat fiasco. It is no longer diet food, and it is no longer health food.

The simple salad example presented below includes 150 calories from vegetables and vegetable fruits, accompanied by a dressing containing 2 tablespoons of oil. Note that even this small quantity of oil increases the calorie count to nearly 400, and the calories from fat to 64%. In contrast, the same salad with no dressing, or perhaps with a blended fruit dressing, contains just under 10% of calories from fat, which is right on target.

Many raw fooders consume more vegetables *and* more oil in their “typical” salads. In addition, they add nuts, seeds, avocado, olives, and other fatty accompaniments. In this case, both the total calories and the percentage of calories from fat always increase.

How to Make a High-Fat Green Salad

Item	Cals	Fat Cals	% Fat
Lettuce: 1 small head (8 oz.)	35	4	15%
Tomatoes: 3 medium (13 oz.)	70	6	9%
Cucumber: 1 medium (10.5 oz.)	45	3	6%
Total calories in vegetables	150	13	9%
Olive oil: 2 tablespoons	240	240	100%
Lemon juice: 2 tablespoons	7	0	0%
Total calories in dressed salad	397	253	64%

Fortunately, there is an easy alternative. We can double the size of our salad and replace the fat with a fruit-based dressing, such as raspberries blended with celery. A fruit-based dressing adds enough calories to the salad to make it a substantial meal, while keeping the total calories from fat right where we want them. This simple dressing adds beautiful color to the salad, and most folks tell me they love it.

Salad, Take 2: The Low-Fat Alternative

Item	Cals	Fat cals	% Fat
Lettuce: 1 large head (16 oz.)	70	8	15%
Tomatoes: 3 large (19 oz.)	100	9	9%
Cucumber: 2 medium (21 oz.)	90	5	6%
Total calories in vegetables	260	22	9%
Raspberries: 1 pint (11 oz.)	155	14	10%
Celery: 3 stalks (7 oz.)	25	3	10%
Total calories in dressed salad	440	39	9%

Fatty Fruits—and Lots of Them

Most fruits have very little fat, usually less than ten percent of total calories. A few “fatty fruits,” notably the avocado and the olive, derive about three-quarters of their calories from fat.

Proponents of low-carbohydrate diets and many raw-food programs suggest that we eat these high-fat foods in unlimited quantities because they are so low in carbohydrates. We are told that the fats in these fruits have the right S/P ratio and should be considered “good” for us.

However, when we eat a large quantity of fatty fruits, we cannot possibly consume enough carbohydrates. If you like being lulled into

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lethargy both physically and mentally by your food, then eat fatty fruits in unlimited quantity. If you prefer feeling energized and sharp minded, go for the sweet fruits instead. On days that you choose fatty fruits, be sure that they represent your total fat consumption for the day.

Worthy of special mention because of its increasing popularity in raw-food circles is the moderately fatty durian. Running 20 to 30% fat, depending on whose numbers you use, the durian can be a wonderful addition to the 80/10/10 diet on occasion, making a delicious and satisfying meal, all by itself. This large, spiky, exotic pod, whose rich, aromatic fruit is reminiscent of sweet custard, is considered a prime delicacy in Southeast Asia.

Eaten infrequently, durian will create a slight blip on your fat radar screen for a day or two ... nothing to be concerned about. As an occasional indulgence, you could do a lot worse.

In higher volume, I would be more concerned with lack of freshness and chemical contamination than I would be with the fat content of this sweet treat. Most durian available in the West is imported frozen from Thailand and therefore cannot be considered fresh food. And sadly, the durian supply is notorious for its heavy treatment with unnecessary agrochemicals.

If you want truly fresh, safe durian, travel to Southern California, Florida, or a tropical location and find a farmer who is willing to share his or her cultivation practices in detail.

Fatty Fruits at a Glance

Item	Cals	Fat Cals	% Fat
Avocado, California (1 large = 8oz.)	380	290	77%
Avocado, Florida (1 medium = 11oz.)	375	265	70%
Olives, canned (small to x-large, 8oz)	260	200	78% †
Durian (1/2 to 1/3 of a typical fruit, 8oz.)	335	100	20-30% ‡
Akee (creamy Jamician fruit, 8oz.)	340	290	84%

† Olives are inedible off the tree, which should be an indication that they are not human food. Just picked, they contain a bitter-tasting compound called oleuropein. Olives must be cured in oil, water, brine, salt, or lye in order to remove the oleuropein.

‡ The USDA data reflects a 30% fat content for durian. Other sources, including Thailand's Chanthaburi Horticultural Research Center, show durian's fat content to be 20%. In any case, durian is far higher in fat than most sweet fruits, which generally range 2 to 10% fat.

What Raw Fooders Are Actually Eating

At the 2004 International Festival of Raw and Living Foods in Portland, Oregon, we analyzed a typical day's food intake for a curious young lady from Hawaii who attended one of my lectures. She observed that, living in the tropics, she seemed to eat more fruit (and thus less fat) than other raw fooders she knew. Still, she suspected that she was eating more fat than she realized.

Sure enough, when we ran the numbers, we found that on her average day, she consumed a total of 2,400 calories, 45% from fat. In her "typical" day, she described eating 2 oranges, 6 bananas, 1 papaya, and two salads. The oil, nuts, seeds, and avocado interspersed within these meals caused her fat to total more than four times the maximum 10% target. Here is the breakdown:

An Actual "Low-Fat" Raw-Food Day (45% fat)			
Item	Cals	Fat Cals	% Fat
Breakfast			
2 oranges	126	6	5%
2 bananas	200	6	3%
1 T olive oil	120	120	100%
2 oz. walnuts	371	309	83%
Breakfast total	817	441	54%
Lunch			
1 papaya	119	4	3%
4 bananas	420	13	3%
Lunch total	539	16	3%
Dinner			
20 oz. lettuce	96	13	13%
2 tomatoes	44	4	9%
10 oz avocado	454	344	75%
¼ cup sunflower seeds	205	150	73%
Dinner total	799	502	63%
Grand total for the day	2,155	959	45%

A 75% Fat Salad Is Not Unusual!

Most folks tell me that they eat at least one “healthy” salad every day. They desperately want to believe that they are really not eating that much fat. A “large” green salad, including a 12-oz. medium-sized head of romaine lettuce, 3 medium tomatoes, and 1 cucumber would contain 169 calories, 17 of which would come from fat (our calculations say that vegetables average about 10% of calories from fat, and this example verifies the assertion).

A dressing that blends three tablespoons of oil (360 calories), ¼ cup of pine nuts (229 calories), and some cilantro, salt, and lemon juice would supply 590 calories—555 of them from fat. Dice in a 6-oz. avocado (284 calories), and the resulting 1,042-calorie meal would provide 194 calories from carbohydrates, 61 from protein, and 791—more than 75%—of its calories from fat! The caloronutrient ratio would be roughly 18/6/76, the exact opposite of what we are looking for. This much fat cannot ever make for a balanced or nutritious meal.

Let’s suppose that this 75%-fat salad provided half of your daily calories, the other half coming from two smaller meals plus several snacks. By day’s end, even if all your other meals contained zero fat (a theoretical impossibility), you would end up with 38% fat overall. More likely, however, if you are on a raw diet, you will eat a handful of nuts now and then, add a bit of oil to a smoothie or avocado to a raw soup, have a few olives or some durian, or perhaps break open a coconut. All of these foods add substantial fat to your day, and there you have it—60% or even (much) more of your calories coming from fat ... every day.

Even if you eat eight or ten pieces of fruit per day with such a salad, on a 2,000 calorie diet, such a program would probably send your caloronutrient ratio for the day into the range of 50%⁺ calories from fat.

How Much Body Fat Is Healthy?

In order to live healthfully throughout a lifetime, we must learn to maintain both our weight and our body-fat percentage. For men, a healthy body-fat percentage runs in the single digits. For women, the ideal range is about ten points higher. (It is certainly possible for women to drop too low in body fat, despite what the glamour magazines would have us believe. Women can develop infertility, osteoporosis, eating disorders, hormonal imbalances, and other serious conditions when their body fat drops into the single digits.)

Most mainstream guidelines from medical or fitness professionals run significantly higher than my recommendations, as the following table illustrates.^{vi}

Body Fat Recommendations for Men and Women

Men (Conventional)	Men (Dr. Graham)	Women (Conventional)	Women (Dr. Graham)
Underfat 0–13%	Healthy/ Athletic 3–9%	Underfat 0–24%	Healthy/ Athletic 13–19%
Healthy 8–25%	Marginal/ Sedentary 10–14%	Healthy 21–36%	Marginal/ Sedentary 20–24%
Overfat 19–30%	Unhealthy 15% ⁺	Overfat 33–42%	Unhealthy 25% ⁺

This discrepancy results from the fact that I equate health with fitness and athleticism, essentially viewing the two as inseparable. In contrast, government, fitness, and medical “experts” distinguish the athlete from the healthy individual, giving them separate classifications, as if it were possible to be healthy and not athletic. Although we can indeed feel good and live free of symptoms for several years as a sedentary individual, this strategy is sure to fail over time. We should not fool ourselves into believing that anything resembling true health is possible without regular, vigorous exercise.

80/10/10 in Practice

How does your daily diet differ when you learn to eat the low-fat raw vegan way? On most days, you will eat juicy fruit for breakfast, sweeter fruit for lunch, and all the acid fruit you care for before a vegetable-based dinner. It is really that simple.

Most raw fooders, and anyone else who has been taught to avoid fruit or to eat it in somewhat limited quantities, are initially dumbfounded by this formula. Responses range from “I could never do that” to the full range of nutritional questions that have already been covered in this text.

For people transitioning from a more mainstream diet, the concept of eating fruits and vegetables makes a lot of sense. After all, fruits and vegetables are the true health foods. With the state of human health at its absolute all time lowest, isn't it time that we started eating fruits and vegetables as if our very lives depended upon them?

While people also tend to intuitively sense the wisdom of a low-fat diet, the idea of committing to a completely vegan diet may seem a bit mentally or emotionally challenging at first. But it makes more sense all the time, and the number of vegans is rising every day.

Slow and Steady

Once people educate themselves about a new positive behavior and become convinced that they desire to incorporate it into their lives, I always encourage them to do so as quickly as possible. Yet, you can be easy on yourself when adopting the **80/10/10** way of life. A gradual transition may be the best that you can hope for if you have amassed a collection of mental, emotional, or habitual blocks that would make a sudden and total switchover difficult.

Direction is more important than speed for most people when it comes to successful transition. Imposing upon yourself the unnecessary pressure to make “all or nothing” changes often leads to frustrating failure. When people stretch themselves too quickly, they often “snap back” into their prior habits.

By decreasing the fat percentage in your diet even one point per week, you can achieve the full benefits of 80/10/10 in less than a year. After that, you have the rest of your life to reap the harvest of health that you have

sown. This is not a diet program to be used temporarily, but a healthful eating program for life.

I wrote this book to guide people to a low-fat plant-based *raw foods* diet. No other program exists for this purpose. However, many other low(er)- fat plant-based diet programs exist. Some people choose to transition more gradually by consuming fruit for breakfast and lunch, with a simple low-fat cooked meal plus a raw salad at night. Over a period of months, the salad and other raw dishes nudge out the cooked components, until 100% raw is achieved. If you are interested in such a path, don't feel guilty about it. Give yourself permission to take advantage of the myriad of resources available to support your health in the most appropriate way for you right now.

For some folks, there is a greater sense of urgency than for others, as health issues can impose themselves powerfully. If that is the case, feel free to transition your diet as rapidly as you can. There is no danger in converting to 80/10/10 immediately. One 89-year-old man I worked with went from standard eating to 80/10/10 overnight, and never looked back.

You do not have to think of yourself as becoming a vegetarian, vegan, or raw fooder to follow **80/10/10**. Just keep increasing the amounts of fruits and vegetables you add into your already-existing program.

Actual Stories of Transition to 80/10/10

The following are actual posts (slightly edited for space) from my VegSource discussion board.

From: turtle (dialup-4.243.137.125.dial1.sanfrancisco1.level3.net)

Subject: transition from high fat raw to low fat raw

Date: December 17, 2004 at 8:40 am PST

I have been doing the high fat ... nuts, seeds, and oils raw food way of eating and would like to transition over to the low-fat fruit-based 811. Is there a good way to transition? I would like to hear people's experiences with this ... so if any of you have any suggestions, I am all ears!

I know that I am eating way too many nuts and seeds and that this has not supported my well being. I have found it difficult to let go of the nuts and seeds on an every meal basis. Thanks for your help.

◆ ◆ ◆

From: Janie (66.180.141.217)

Subject: Re: transition from high fat raw to low fat raw

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Date: December 17, 2004 at 7:39 pm PST

Since it seems that you have already been attempting to go cold turkey and it hasn't been working out, it seems that transitioning may be the way for you. I did a low-fat transition myself at first by keeping my overt fats to 10% of my calories or less, which translated to about 20% or less of the amount of calories I was eating at the time. Later I brought it down to 10% or less overall.

The way I would approach transitioning from where you are to a lower fat way would be to try to do two adjustments:

- ◆ I would try to eat more calorie-dense fruits
- ◆ I would also try to move my nuts or seeds eating to my evening meal only

Then after that, I would work on decreasing the fat from the nuts and seeds overall so that I approach 10% or less, more and more often, until I'm doing it all the time (on average).

I would approach it as a transition, and be easy on yourself psychologically with your slip-ups (if you have them) by just letting them go and realizing that you have another opportunity to get going again towards your goals coming up as early as your next meal choice. You may find as I did with going 100% raw again, that the transition period ends up being shorter than you thought it would be. ;-)

Aloha!



From: Jaime (ip68-4-209-131.oc.oc.cox.net)

Subject: Re: transition from high fat raw to low fat raw

Date: December 17, 2004 at 12:20 pm PST

I found that my ideal was to go cold turkey, but I ended up transitioning, as **811** involves more than just diet, in my opinion.

My transition began months before, if not years. I read the posts of others on this board, took note of how my body reacted to particular foods, noted what worked and what didn't, and then practiced what worked more and more. I cut out supplements, gourmet raw food and dehydrated food, frozen food, spices and salt, onions and garlic, raw dairy, and juice (even raw juice).

I used to think raw juice wasn't so bad, then I'd have it and would feel so imbalanced I'd eat some raw vegan sushi or raw cheese, then I'd be off **811** completely. I'd say I played this back-and-forth game for a year or more. I would think **811** doesn't work, but really I was not doing it completely. So I decided to incorporate everything I knew that worked.

For me what works is: getting loads of sleep (up to 12 hours a night) as this helps with **811** immensely, exercising before eating (I used to exercise after), eating one or two meals per day, waiting until 11 a.m. or noon to eat, having only one type of fruit per meal, and following that with one type of green such as celery or lettuce, no raw juice, raw vegan food only, no dates or bananas unless they are ripe and fresh picked, and eating whole foods.

I did not add all of these things at once. It took me about a month to add them and I still consider myself in transition. So I guess what I am saying is **811** is more than just percentages and involves whole foods, rest, exercise, fresh air, sunlight, etc. Once I set my intention for how I was going to follow **811** it took time to actually put it into practice. Also, I am constantly learning what is useful and what is not and make adjustments accordingly. So I think this whole thing is a process, and intentions of "cold turkey" do not manifest, at least not for me.



From: Dr. Doug Graham (DrGraham.vegsources.com)

Subject: Another way

Date: December 17, 2004 at 1:17 pm PST

*(Author's note: I posted this message to offer another perspective to Jaime's message above, which emphasizes giving up certain foods. Approaching **80/10/10** with a focus toward the foods and other practices to add into your life, rather than those to eliminate, can make all the difference in your success with—and enjoyment of—the **80/10/10** plan.)*

I recommend that the transition from standard American raw to **811** be done as follows:

- Increase the percentage of whole, fresh, ripe, raw, organic plants in your diet, at each meal.
- Increase the percentage of fruit in your diet, at the beginning of each meal.
- Increase the total carbs in your diet, at each meal.
- Increase the quantity of fresh whole ripe raw organic greens in your diet until you reach close to 3% of total daily calories or slightly more.

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- Increase the amount of sleep you get until you can honestly say that you are getting “enough” each night.
- Increase the amount of physical activity you perform until it accounts for a minimum of 2/5 (40%) of your total calories used.

Hope this helps,
Dr. D.

The Formula

So, what are we talking about in terms of foods? **80/10/10** works out easily and naturally if your calories break down approximately as follows:

- 90 to 97% from sweet and nonsweet fruits.
- 2 to 6% from tender, leafy greens and celery.
- 0 to 8% from everything else (other vegetables like cabbage and broccoli, plus fatty fruits, nuts, and seeds).

You can generally accomplish this with two or three large fruit meals during the day, plus a large salad in the evening. Fruit predominates heavily, yet you consume as many greens as you like.

Average Caloronutrient Ratios by Food Category

Here is a rough estimate of the average caloronutrient ratio for various whole raw food categories, expressed in terms of percentage of calories from carbohydrates, protein, and fat (C/P/F):

- Fruits average 90/5/5
- Vegetables average 70/20/10
- Nuts average 10/10/80
- Seeds average 18/12/70
- Avocados average 20/5/75

How Much Overt Fat?

When contemplating reducing your fat consumption to 10% or less of total calories consumed, you must remember that somewhere around 5% of your calories will likely come from fat even if you eat *only* fruits and vegetables.

Thus, as a rule of thumb, you should plan on having about 5% of your calories in the form of nuts, seeds, avocados, nut butters, and the like. On a 2,000-calorie diet, you should be shooting for overt fat consumption in the neighborhood of 100 calories (5% of 2,000 = 100).

What does this mean in terms of food? It means that in a single day, an average person endeavoring to follow the **80/10/10** plan would consume in the neighborhood of:

- 1/3 of a medium-sized avocado (6-ounces edible portion), or
- 0.6 ounces of almonds (about 15 nuts), or
- 20 medium olives, or
- less than 1 tablespoon of oil.

There is another option, however. You could choose to eat no overt fats at all for a day or two, or longer, relying exclusively upon eating a sufficient quantity of fruits and vegetables to meet your calorie need. By doing so, you will have effectively “saved up” for a day when you could eat a moderate quantity of fatty food without feeling guilt or that you had gone off of the program. If you average your caloronutrient intake for the week you should still be able to achieve **80/10/10** in this fashion.

Of course, if you really overdo it on fatty foods, you will notice it right away and likely again the next morning. The tiredness, foul mouth, slowed digestion and elimination, and other sensations are too pronounced to ignore. They are great motivating factors to bring you right back to the joys of the straight and narrow **80/10/10**.

How Many Calories?

In the beginning, most people do not eat enough raw foods to obtain their necessary daily calories, because they are used to eating concentrated cooked foods. As I described in **Error! Reference source not found.**, you will have to eat a *much* larger volume of whole fresh fruits and vegetables to obtain the same number of calories that you would from cooked meats and starches, because raw fruits and vegetables are not as calorie dense. They contain a large amount of water and fiber—essential nutrients to be sure, but these two items add a great deal of volume to our food.

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Another obstacle most people must overcome in order to succeed with the **80/10/10** raw diet, is the fear of consuming fruit for the major portion of their calories. In general, fruits are considerably higher in calories than vegetables and leafy greens. So it makes sense that most of the raw-food diet be made up of fruit, complemented by large salads to provide essential minerals such as sodium, potassium, calcium, and magnesium.

Determining caloric needs is not an exact science. There is room for a fair amount of flexibility, especially on a day-to-day basis. Averaged over a year's time, we will likely find that people who maintain their weight consume a predictable range of calories based upon their size, muscularity, and activity level.

10 Times Body Weight = BMR

Below I offer two guidelines for estimating the number of calories you should consider eating each day. Both of them begin by multiplying your body weight (or your ideal/desired body weight) by 10. This provides a very rough estimate of your resting basal metabolic rate (BMR)—the number of calories required to operate your brain, organs, and all essential functions.

For example, if you weigh 150 pounds, you can estimate that you need somewhere around 1,500 calories per day, plus or minus about 10%, just to maintain your basic metabolism at rest. Then, depending on your activity level, I offer the following calculations.

Calorie Guidelines for Healthy (Athletic) People

My optimal calorie-consumption guideline is likely to be different than the advice you may find elsewhere, and somewhat higher than the American average. This is because I base my recommendation upon a healthful (high) level of physical activity—the level that humans would have to maintain in order to obtain sufficient food in a more natural setting.

Nature intended humans to have to cover large expanses of ground on foot, to climb trees, and even to swim when necessary in order to obtain food and warmth. The resulting fitness level would be considerably higher than that of the average American, as would the average calorie output. As more food would be consumed, so would a greater number of nutrients be available. Good nutrition literally hinges upon us being fit enough to be healthy.

With the above in mind, I suggest that a healthy athletic person should utilize at least as many calories in physical endeavors as they use for their resting BMR. (Resting BMR is equivalent to 10 times your ideal body weight). This means, for instance, that a 150-pound man who uses 1,500 calories as his baseline should also use *at least* another 1,500 calories in his activities for the day, on average, for a total of 3,000 calories.

Using the **80/10/10** diet, nutritional intake would be vastly better than the American average for all nutrients. Fitness levels would need to be increased, of course, in order to achieve that level of activity, but this can be done gradually.

Calorie Guidelines for Less-Active People

To be abundantly clear, I would like to reiterate: *Good nutrition literally hinges upon us being fit enough to be healthy.* By this I mean to say that even the most “perfect” diet will never result in true health unless it is accompanied by high-level fitness and all of the other essential elements of healthful living (see sidebar entitled “**Error! Reference source not found.**” on page **Error! Bookmark not defined.**). I cannot recommend highly enough that you exert at least as much attention and effort into upleveling your level of fitness as you do into learning about and achieving optimal nutrition.

That said, if you are a less-active person wending your way toward fitness and health, here are some guidelines for caloric intake.

If your work and the rest of your day is relatively sedentary, add another 200 calories to the BMR estimate described above. Then add calories for exercise, perhaps 300–600 calories per session. It could be more or less, depending upon the frequency, intensity, and duration of your fitness sessions. If you also have a physically demanding job, you might require another 800 to 1,600 additional calories or more.

Thus, a sedentary woman who weighs 130 pounds must eat about 1,300 calories simply to maintain her body weight. Let us suppose that she needs another 260 calories (an additional 20%) per day to meet her physical needs such as puttering around the house, going up stairs, or to the mailbox, etc. This hypothetical woman would need to eat food that supplied about 1,560 calories per day.

A large man of 280 pounds, who is fit and not fat, who participates in sports and works in construction, would require roughly 2,800 calories for basal metabolism. Add to that the 1,500 calories he expends at work each

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day and the 400 he needs for his daily sports training. This active man needs to eat sufficient food to supply him with approximately 6,250 calories per day. He has to consume three times as many calories as the sedentary woman in our first example.

Calorie Comparison: 8 Ounces of Selected Foods

This chart demonstrates the tremendous range of caloric density among high-water versus high-fat whole foods in the 80/10/10 program. In each case, the food item weighs eight ounces. *(Note that you would have to eat 42 servings of 8 ounces of lettuce, or 21 large heads, to get the same number of calories as one 8-ounce portion of macadamia nuts!)*

Lettuce	39 calories (1 small head romaine)
Cucumber	27 calories (½ medium)
Tomato	41 calories (2 medium)
Peach	89 calories (2 medium)
Apple	109 calories (2 small)
Mango	147 calories (1 medium)
Banana	202 calories (2 medium)
Avocado	362 calories (1 large)
Cashews	1,254 calories (1.7 cups)
Sunflower seeds	1,293 calories (1.5 ⁺ cups)
Almonds	1,318 calories (1.7 cups or 200 nuts)
Walnuts	1,483 calories (2 ⁺ cups, or 57 nuts)
Macadamias	1,628 calories (1.8 cups, or 88 nuts)

How Much to Eat

To give you an example of the volume of fruits and vegetables required, let's say you need about 2,000 calories per day. A medium-sized banana has 105 calories; a large honeydew melon has 461 calories; a medium peach has 39 calories; and a large simple salad may have 175 calories (a large 20-oz. head of lettuce runs about 96 calories, and a pound of nonsweet fruits has about 75 calories).

To consume 2,000 calories from raw foods, you would need to eat something like a large honeydew melon for breakfast (461 calories), a 12-banana smoothie for lunch (1,260 calories), 4 peaches before dinner (153), and a large salad for dinner (175). This would provide 2,026 calories, with a 90/6/4 caloronutrient ratio (90% carbohydrates, 6% protein, and 4% fat). If

you didn't have any physical activity that day, you might eliminate two bananas and one of the peaches.

If it was a physical day, you could add half of a 6-oz. California avocado to the salad. It would provide about 145 more calories, 111 of which would be from fat. The caloronutrient ratio for the day would then be 86/6/9. Adding a whole avocado would take the fat percentage for the day up to 13% ... not a big deal, but it would be better to add a few pieces of fruit to meet the extra caloric requirements of your exercise routine.

The Diet for a Lifetime

Just like the rings on a tree, life is about growth, which often requires change. The **80/10/10** diet may seem like a huge shift in your lifestyle in the beginning, but as the rewards for taking care of your body unfold, you will come to see that the benefits of living this way far outweigh the cost. Developing **80/10/10** as a lifestyle will enhance every moment of your life to come. I applaud you for taking the first step to the new you.

Appendix A

Sample Menu Plans

This appendix contains four seasonal sample menus for the **80/10/10** lifestyle, broken into one-week sections (seven days of meals for summer, autumn, winter, and spring). Each two-page spread includes a day's worth of recipes on the left-hand side and a corresponding caloronutrient analysis chart on the right.

Each day's menu plan includes a breakfast, lunch, and three-course dinner, hand-selected for seasonal freshness and designed to total approximately 2,000 calories. You can easily increase or decrease the quantity of any ingredient, to adjust the recipes in the direction of your desired caloric intake.

The smoothies, fruit salads, soups, dressings, vegetable salads, and slaws in this section demonstrate the abundance of whole fruit and vegetable meals available on the **80/10/10** plan. This guide emphasizes fruits in season, when they are freshest and least expensive. The **80/10/10** motto is, "simplicity at mealtime, variety throughout the year." As you become accustomed to this lifestyle, you will discover the joy of eating seasonally and anticipating the taste sensations each new bounty of fruits brings. Feel free to experiment! Use this guide as an inspirational tool to help you discover your own favorite combinations.

Some recipes contain additional information, indicated by a dagger symbol (†), to help answer your questions and smooth your transition to this way of eating. These include helpful tidbits about fruit varieties and their availability, ideas for recipe variations, and tips on buying, preparing, and eating the foods.

Don't worry about your caloronutrient ratio at each meal, or even each day. The **80/10/10** guideline (at least 80% of calories from carbohydrates and at most 10% fat and protein) is intended as an average—something to strive for over time. Thus, as you page through the menu plan, you will see higher-fat days and lower-fat days ... but by the end of the week, the numbers all come out to **80/10/10**, more or less.

The best way to really understand the caloronutrient ratio and get a true sense of the level of fat in your own diet, is to weigh your food and enter numbers in an online diet-analysis program for about a week. We used Nutridiary.com as a basis for creating this recipe guide.

Note that no two fruits are nutritionally identical. Each crop of produce (sometimes even each piece) differs in caloronutrient ratio from the next, depending on such factors as ripeness, soil quality, shipping environment, and time since harvest.

In addition, any attempt to standardize measures like “one apple” or “one head of lettuce” (although we do so in the upcoming ingredient conversion charts) is subjective at best, given the regional variability of produce. Thus, the only way to accurately compare food quantities is to list ingredients by weight, rather than by the piece. *All weights refer to edible portions only*, so be sure to remove peels, stems, cores, seeds, and pits before you weigh your food.

Remember that each individual’s digestive capacity is different, as is their level of exercise. Both of these factors affect our ability to absorb nutrients efficiently. As you mature in this lifestyle, your natural digestive “fire” will increase.

For these reasons and others, the numbers in these charts are rough approximations at best. Use them to steer your diet in a low-fat direction, but track your numbers in the aggregate, and don’t get too hung up on the details.

Seasonal Availability of Produce

The following table offers an overview of domestic availability for common fruits and vegetable fruits. It is a broad, general list, showing the greatest number of months these foods are commonly obtainable at market nationwide, regardless of variety or where they are grown.

For example, the papaya, shown to be available all year, includes several varieties, from Florida, California, Hawaii, Mexico, and Central America—each of which produces papayas at different times. Modern distribution and storage technologies allow us access to many of these foods throughout the year (sometimes at great cost to our pocketbooks, our health, and our natural resources).

In the following table, the dark-gray boxes represent a food’s peak domestic seasonal distribution. The light-gray boxes represent the onset and decline of the season. During this time, you may be able to find these foods domestically grown, but they tend to come at a higher price and reduced quality. To achieve maximum freshness, I strongly encourage you to choose locally grown, organic produce in season whenever possible.

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Food	Peak Season	Pre/Post Season
Sweet Fruits		
Apples	September-October	August/November
Apricots	July	June/August
Avocado	May-November	April/December
Banana	January-December	N/A
Black Berry	July-August	May-June/ September
Blueberry	July-August	June/ September
Cherries	June	May/July
Dates	September-October	August/ November
Figs	July-September	June/October
Grapes	July-September	June/October
Kiwi	December- February	November/ March
Mango	May-August	April/September
Melon	June-August	May/ September
Nectarines	June-September	July/ October
Oranges	December-April	November/ May
Papayas	January-December	N/A
Peaches	July-September	June/October
Pears	August-September	July/October
Persimmons	October-November	September/December
Pineapples	June-August	June/ September
Plums	August-September	July/October
Pomegranates	October-November	September/December
Raspberries	July-August	June/September
Strawberries	April-May/ October	March/June & September/November
Tangerines	November-March	October/April
Vegetable Fruits		
Cumbers	July-August	June/September
Bell Peppers	September-October	August/November
Tomatoes	July-October	June/November
Yellow Squash	July-August	June/September
Zucchini	July-August	June/September

If You Don't Own a Scale...

We have listed the ingredients in the menu plan in terms of ounces and pounds, in order to provide an accurate caloronutrient breakdown. If you do not have a scale at home, the charts below can help you measure out the quantities called for. Eventually you will become proficient in estimating weights and average caloric content of various foods, a skill that will pay dividends in saved kitchen time.

Portion Equivalents: Sweet Fruits (1 lb.)	
Apples	4 cups sliced, 3.5 medium
Apricots	2.75 cups sliced, 13 medium
Bananas	3 cups sliced, 4 medium
Blackberries	3 cups
Blueberries	3 cups
Cantaloupe Melon	2.75 cups cubed
Casaba Melon	2.5 cups cubed
Cherries, sweet	4 cups with pits, 64 medium
Dates	12.5 cups pitted, 19 medjool, 56 deglet
Figs	9 medium
Grapefruits	2 cups sectioned, 2 medium
Grapes	3 cups
Honeydew	2.75 cups diced
Kiwis	2.5 cups, 6 medium
Mangos	2.75 cups sliced, 2 medium
Nectarines	2 cups sliced, 3 medium
Oranges	2.5 cups sectioned, 3.5 medium
Papayas	3 cups cubed, 1.5 medium
Peaches	2.7 cups sliced, 4.5 medium
Pears	2.75 cups sliced, 2.5 medium
Persimmons	2.75 medium
Pineapples	3 cups, 1 medium
Plums	2.75 cups sliced, 7 medium
Raisins	3 cups
Raspberries	3.5 cups
Strawberries	2.5 cups sliced, 38 medium
Tangerines	2 cups sections, 2 medium
Watermelon	3.75 cups, 1/4 of a large melon

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Portion Equivalents: Vegetables (1 lb.)	
Bell peppers	3 cups chopped, 4 medium
Broccoli	5 cups chopped, 0.75 bunch
Butter leaf lettuce	2.75 cups chopped
Cabbage	5 cups chopped, 0.5 medium head
Cauliflower	4.5 cups chopped, 1 head
Celery	4.5 cups chopped, 11 medium stalks
Cucumbers, peeled	3 cups sliced, 2.5 medium
Green/Red leaf lettuce	12.5 cups shredded, 1 large head
Romaine lettuce	9.5 cups shredded, 1 large head
Spinach	15 cups, 1 bunch
Tomatoes	2.5 cups chopped, 3.5 medium
Tomatoes, cherry	3 cups

Portion Equivalents: Overt Fats (specified below)	
Avocado (6–7 ounces)	1 medium
Almonds (1oz.)	23 kernels
Hemp seeds (1oz.)	4 tablespoons
Macadamia nuts (1 oz.)	10–12 kernels
Pecans (1 oz.)	20 halves
Pine Nuts (1 oz)	140 nuts
Pistachios (1 oz.)	49 kernels
Sesame seeds (1 oz.)	3.5 tablespoons
Sunflower seeds (1 oz.)	5 tablespoons
Tahini (1 oz.)	2 tablespoons
Walnuts (1 oz.)	14 halves

Summer Menu Plan: Day One

BREAKFAST

Watermelon

4 lbs. watermelon

Directions: Slice melon in half and sit outside and bask in summer's glory while you spoon this delightful fruit!

LUNCH

Peachy Keen

1 lb. bananas

1 lb. peaches

Directions: Blend with 16 oz. water. Adjust water for desired consistency.

DINNER

Course One: Mango Lime Delight!

1 lb. mangos

Juice of ½ a lime

Directions: Peel and slice mangos into a bowl. Drizzle with lime juice.

† 300 varieties of mangos are cultivated and studied in Florida alone. The U.S. market sees roughly six varieties widely distributed: Haden, Tommy Atkins, kent, keitt, ataulfo (also called honey, champagne, Manila, Asian, or yellow), and Haitian mangos.

Course Two: Sweet Tomatoes

8 oz. mango

8 oz. heirloom tomatoes

Directions: Blend ¾ of the mango with ¾ of the tomato. Cut the remaining mango and tomato into small chunks, toss in and stir.

Course Three: Mango Red-Pepper Salad

1 lb. romaine lettuce

8 oz. each: cucumbers, mangos, and red peppers

4 oz. tomatoes

Directions: Chop the lettuce into a large bowl. Peel the cucumber if you prefer. Thinly slice the cucumber and slice tomato into wedges; toss with salad greens. Peel and pit the mango, core the pepper, and blend together as a dressing.

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Summer Menu Plan: Day One			
Watermelon	Carb	Protein	Fat
Grams	137	11	3
Calories	483	39	22
% total calories	89	7	4
Total calories for this course	544		
Peachy Keen	Carb	Protein	Fat
Grams	147	9	3
Calories	527	33	21
% total calories	90	6	4
Total calories for this course	581		
Mango Lime Delight	Carb	Protein	Fat
Grams	79	2	1
Calories	283	9	10
% total calories	94	3	3
Total calories for this course	302		
Sweet Tomatoes	Carb	Protein	Fat
Grams	49	3	1
Calories	173	11	11
% total calories	88	6	6
Total calories for this course	195		
Mango Red Pepper Salad	Carb	Protein	Fat
Grams	77	11	3
Calories	269	39	27
% total calories	80	12	8
Total calories for this course	335		
Daily Totals	Carb	Protein	Fat
Grams	489	36	11
Calories	1735	131	91
Caloronutrient ratio for the day	89	7	5
Total calories for today	1957		

Summer Menu Plan: Day Two

BREAKFAST : WATERMELON

4 lbs. watermelon

Directions: The other half of the large watermelon awaits you! Spoon the fruit into a blender for a refreshing morning drink! Seeds can be avoided, as they will sink to the bottom of the glass.

LUNCH : JUST BANANAS!

2 lbs. bananas

Directions: Blend into a smoothie with 16 oz. water, or enjoy them as they are.

† If you have a hard time eating very many bananas, it is likely they are not at peak ripeness. The common variety of banana, the cavendish, is ripe when it is generously speckled with brown spots and smells sweet. Prior to this state, they contain more starch and are harder to digest. Proper fruit ripeness is essential to adequate nutrition and assimilation.

DINNER

Course One: Summer Berry Salad

4 oz. blueberries

4 oz. raspberries

8 oz. peaches

Directions: Mix in a bowl and enjoy!

Course Two: Peach Heirloom Tomato Soup

8 oz. peaches

8 oz. heirloom tomatoes

Directions: Blend $\frac{3}{4}$ of the peaches with $\frac{3}{4}$ of the tomato. Thinly slice the remaining ingredients and stir them into the soup for added texture.

Course Three: Blackberry Sesame Salad

1 lb. lettuce

4 oz. tomatoes

8 oz. blackberries

2 tbsp. raw, mechanically hulled tahini.

Directions: Finely chop the lettuce into a large bowl. Slice the tomato into wedges and toss with lettuce. Dress with a blend of blackberries and tahini

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Summer Menu Plan: Day Two			
Watermelon	Carb	Protein	Fat
Grams	137	11	3
Calories	483	39	22
% total calories	89	7	4
Total calories for this course	544		
Just Bananas!	Carb	Protein	Fat
Grams	207	10	3
Calories	747	36	24
% total calories	93	4	3
Total calories for this course	807		
Summer Berry Salad	Carb	Protein	Fat
Grams	52	4	2
Calories	184	15	13
% total calories	87	7	6
Total calories for this course	212		
Peach Heirloom Tomato Soup	Carb	Protein	Fat
Grams	32	4	1
Calories	112	14	10
% total calories	83	10	7
Total calories for this course	136		
Blackberry Sesame Salad	Carb	Protein	Fat
Grams	48	15	19
Calories	171	53	149
% total calories	46	14	40
Total calories for this course	373		
Daily Totals	Carb	Protein	Fat
Grams	476	44	28
Calories	1697	157	218
Caloronutrient ratio for the day	82	8	11
Total calories for today	2072		

Summer Menu Plan: Day Three

BREAKFAST: HONEYDEW MELON

3 lbs. honeydew melon

LUNCH : FIGGY DELICIOUS

1 lb. figs

1 lb. bananas

Directions: Blend with 16 oz. water, or to desired consistency.

DINNER

Course One: Mango and Raspberry

8 oz. mango

8 oz. raspberries

Directions: Slice or cube the mango into a bowl and sprinkle with raspberries.

Course Two: Delightfully Cool Cukes

8 oz. mango

8 oz. cucumbers

Directions: Thinly slice $\frac{1}{4}$ of the cucumber. Blend the rest with the mango, and mix in sliced cucumber. Enjoy!

Course Three: Raspberry Salad

1 lb. green-leaf lettuce

8 oz. cucumber

8 oz. mango

8 oz. raspberries

Directions: Chop the lettuce into a bowl. Peel and slice the cucumber, and mix with salad. Peel and pit the mango, then blend with raspberries to dress the salad.

† Another way to serve this is to slice the mango over the top and drop whole raspberries over the salad.

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Summer Menu Plan: Day Three			
Honeydew Melon	Carb	Protein	Fat
Grams	124	7	2
Calories	447	27	16
% total calories	91	6	3
Total calories for this course	490		
Figgy Delicious	Carb	Protein	Fat
Grams	191	8	3
Calories	686	30	23
% total calories	93	4	3
Total calories for this course	739		
Mango and Raspberry	Carb	Protein	Fat
Grams	66	4	2
Calories	234	14	17
% total calories	89	5	6
Total calories for this course	265		
Delightfully Cool Cukes	Carb	Protein	Fat
Grams	43	2	1
Calories	158	9	8
% total calories	90	5	5
Total calories for this course	175		
Raspberry Salad	Carb	Protein	Fat
Grams	83	11	3
Calories	296	40	25
% total calories	82	11	7
Total calories for this course	361		
Daily Totals	Carb	Protein	Fat
Grams	507	32	11
Calories	1821	120	89
Caloronutrient ratio for the day	90	6	4
Total calories for today	2030		

Summer Menu Plan: Day Four

BREAKFAST : CHERRIES

2 lbs. sweet cherries

LUNCH : SWEET PEACH SALAD

1 lb. bananas
1 lb. peaches
8 oz. blueberries

Directions: Slice the bananas and peaches into a bowl. Sprinkle the blueberries on top. Enjoy!

DINNER

Course One: Apricot Blueberry Salad

1 lb. apricots
8 oz. blueberries

Directions: Cut the apricots into large chunks and place them in a bowl. Blend the blueberries into a sauce and pour over the apricots.

Course Two: Mango Fennel Soup

1 lb. mangos
1 large sprig of fennel

Directions: Blend 3/4 of the mangos and the bottom 3/4 of the fennel sprig. Pour into a bowl. Cut the remaining mango into small chunks and mix into the soup. Garnish with the top of the fennel sprig. Delicious!

Course Three: Apricot Celery Salad

1 lb. butter lettuce
4 oz. tomato
4 oz. celery
1 lb. apricots

Directions: Chop the lettuce into a bowl. Slice tomato and mix with the lettuce. Blend apricots with celery and pour over the salad.

Companion Guide for Audio Book

Summer Menu Plan: Day Four			
Cherries	Carb	Protein	Fat
Grams	145	10	2
Calories	522	35	15
% total calories	91	6	3
Total calories for this course	572		
Sweet Peach Salad	Carb	Protein	Fat
Grams	180	11	3
Calories	644	39	27
% total calories	91	5	4
Total calories for this course	710		
Apricot Blueberry Salad	Carb	Protein	Fat
Grams	83	8	3
Calories	298	29	20
% total calories	86	8	6
Total calories for this course	347		
Mango Fennel Soup	Carb	Protein	Fat
Grams	77	2	1
Calories	277	8	10
% total calories	94	3	3
Total calories for this course	295		
Apricot Celery	Carb	Protein	Fat
Grams	69	14	3
Calories	241	49	26
% total calories	76	16	8
Total calories for this course	316		
Daily Totals	Carb	Protein	Fat
Grams	554	45	12
Calories	1982	160	98
Caloronutrient ratio for the day	89	7	4
Total calories for today	2240		

Summer Menu Plan: Day Five

BREAKFAST : CANTALOUPE

3 lbs. cantaloupe

LUNCH: MANGO AND BANANA

1 lb. bananas

1 lb. mangos

Directions: Slice, mix into a bowl, and devour!

DINNER

Course One: Apricots

1 lb. apricots

Course Two: Orange Pepper Tomato Soup

8 oz. romaine lettuce

8 oz. tomatoes

8 oz. yellow or orange bell pepper

parsley sprig

Directions: Blend lettuce, $\frac{3}{4}$ of the tomatoes, and $\frac{3}{4}$ of the bell pepper. Slice one tomato, and stir into the soup. Garnish with the remaining bell pepper sliced into rings, and the chopped parsley.

Course Three: Heirloom Avocado Salad

8 oz. romaine lettuce

8 oz. cucumber

12 oz. tomatoes

6 oz. California avocado

$\frac{1}{4}$ cup cilantro

Directions: Peel and slice the cucumber into a bowl with the lettuce, chopped. Separately, chop the tomato and avocado into chunks and stir together with finely chopped cilantro until well blended, and then pour over salad.

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Summer Menu Plan: Day Five			
Cantaloupe	Carb	Protein	Fat
Grams	111	11	3
Calories	401	41	21
% total calories	86	9	5
Total calories for this course	463		
Mango and Banana	Carb	Protein	Fat
Grams	181	7	3
Calories	651	26	21
% total calories	93	4	3
Total calories for this course	698		
Apricots	Carb	Protein	Fat
Grams	50	6	2
Calories	181	23	14
% total calories	83	11	6
Total calories for this course	218		
Orange Pepper Tomato Soup	Carb	Protein	Fat
Grams	32	7	2
Calories	109	24	14
% total calories	74	16	10
Total calories for this course	147		
Heirloom Avocado Salad	Carb	Protein	Fat
Grams	43	10	28
Calories	155	38	229
% total calories	37	9	54
Total calories for this course	422		
Daily Totals	Carb	Protein	Fat
Grams	417	41	38
Calories	1497	152	299
Caloronutrient ratio for the day	77	8	15
Total calories for today	1948		

Summer Menu Plan: Day Six

BREAKFAST: APRICOTS

2 lbs. apricots

LUNCH: BANANA ROMAINE SMOOTHIE

2 lbs. bananas

8 oz. romaine lettuce

Directions: This equates to approximately 8 medium-sized bananas, weighed without the peel. Blend and serve. It is surprisingly delicious!

DINNER

Course One: Blackberry-Smothered Peaches

8 oz. peaches

8 oz. blackberries

Directions: Slice peaches into a bowl. Blend blackberries into a sauce and pour onto the slices.

Course Two: Berry Green Soup

8 oz. blueberries

8 oz. blackberries

8 oz. raspberries

8 oz. romaine lettuce

Directions: Blend all ingredients. Pour into a serving bowl.

† For added texture leave some of the berries whole.

Course Three: Crushed Berry Salad

8 oz. baby spinach

4 oz. tomato

4 oz. cucumber

4 oz. blackberries

4 oz. raspberries

4 oz. peaches

Directions: Place the spinach into a bowl. Peel the cucumber and slice, along with the tomato, and mix with the spinach. Pour berries into a separate bowl and mash with a fork. Cut the peach into small pieces and mix with the berries. Pour over the salad.

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Summer Menu Plan: Day Six			
Apricots	Carb	Protein	Fat
Grams	101	13	4
Calories	360	46	29
% total calories	82	11	7
Total calories for this course	435		
Banana Romaine Smoothie	Carb	Protein	Fat
Grams	215	13	4
Calories	770	46	30
% total calories	91	5	4
Total calories for this course	846		
Blackberry Smothered Peaches	Carb	Protein	Fat
Grams	43	5	2
Calories	154	19	13
% total calories	83	10	7
Total calories for this course	186		
Berry Green Soup	Carb	Protein	Fat
Grams	89	10	4
Calories	314	37	32
% total calories	82	10	8
Total calories for this course	383		
Crushed Berry Salad	Carb	Protein	Fat
Grams	51	12	3
Calories	177	42	23
% total calories	73	17	10
Total calories for this course	242		
Daily Totals	Carb	Protein	Fat
Grams	499	53	17
Calories	1775	190	127
Caloronutrient ratio for the day	85	9	6
Total calories for today	2092		

Summer Menu Plan: Day Seven

BREAKFAST: CASABA MELON

4 lbs. casaba melon

LUNCH : MANGO SALAD

2 lbs. mango

8 oz. butter lettuce

Directions: Chop the lettuce into a bowl. Dice mango into cubes and arrange over the lettuce and serve.

† Add a squeeze of lime for a little variation and tang.

DINNER

Course One: Tropical Peach Smoothie

12 oz. mangos

12 oz. peaches

Directions: Blend with 8 oz. water.

† The mango is sometimes called a tropical peach, or the peach called a temperate mango. Both fruits are at their peak in the summer months and are favorites in their respective regions. Enjoy this blend of tropical and temperate fruit. Feel free to eat as a fruit salad, if you prefer.

Course Two: Tomato Basil Soup

1 lb. tomatoes

5 sun-dried tomato halves

fresh basil to taste

Directions: Soak sun-dried tomatoes for 10 minutes. Blend $\frac{3}{4}$ of the tomatoes, basil and sun-dried tomatoes. Pour into a bowl. Chop the remaining tomato into chunks, and place in the center of the soup. Garnish with one fresh basil leaf.

Course Three: Heirloom Tomato Heaven!

1 lb. heirloom tomatoes

9 oz. baby mixed greens

2 tbsp. hemp seeds

Directions: Place the mixed greens into a bowl. Cut the tomatoes into wedges. Mix the tomatoes and hemp seeds and use to top the salad.

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Summer Menu Plan: Day Seven			
Casaba Melon	Carb	Protein	Fat
Grams	119	20	2
Calories	423	71	14
% total calories	83	14	3
Total calories for this course	508		
Mango Salad	Carb	Protein	Fat
Grams	159	8	3
Calories	568	27	24
% total calories	92	4	4
Total calories for this course	619		
Tropical Peach Smoothie	Carb	Protein	Fat
Grams	90	5	2
Calories	323	17	14
% total calories	91	5	4
Total calories for this course	354		
Tomato Basil Soup	Carb	Protein	Fat
Grams	29	6	2
Calories	97	20	15
% total calories	74	15	11
Total calories for this course	132		
Heirloom Tomato Heaven!	Carb	Protein	Fat
Grams	36	18	12
Calories	127	67	107
% total calories	42	22	36
Total calories for this course	301		
Daily Totals	Carb	Protein	Fat
Grams	433	52	21
Calories	1538	202	174
Caloronutrient ratio for the day	80	11	9
Total calories for today	1914		
Weekly totals	Carb	Protein	Fat
Caloronutrient ratio for the week	84	8	8

Autumn Menu Plan: Day One

BREAKFAST: GRAPES

1.5 lbs. black grapes

LUNCH: BANANA WITH FIG SAUCE

1 lb. bananas

1 lb. figs

Directions: Blend figs with enough water to make a thick sauce. Slice the bananas, and pour fig sauce over the slices.

DINNER

Course One: Pomegranate Orange Juice

2 cups orange juice

1 cup fresh pomegranate juice

Directions: Use a citrus press or electric citrus reamer to juice the oranges and the pomegranate. Cut the pomegranate in half, and juice it like an orange. Mix and devour!

Course Two: Tomato Cucumber Soup

8 oz. tomatoes

8 oz. cucumbers

8 oz. yellow bell peppers

Directions: Peel the cucumber. Blend $\frac{3}{4}$ of the tomato, all of the cucumber, and $\frac{3}{4}$ of the pepper. Dice remaining tomato and pepper to use as a garnish.

Course Three: Pistachio Cucumber Salad

1 lb. red-leaf lettuce

8 oz. tomatoes

8 oz. cucumbers

1 oz. pistachios

Directions: Chop lettuce into a bowl. Peel and slice $\frac{1}{2}$ of the cucumber. Dice the tomato. Blend the other half with pistachios and cucumber for the dressing.

Autumn Menu: Day One			
Black Grapes	Carb	Protein	Fat

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Grams	123	5	1
Calories	442	18	9
% total calories	94	4	2
Total calories for this course	469		
Banana with Fig Sauce	Carb	Protein	Fat
Grams	191	8	3
Calories	686	30	23
% total calories	93	4	3
Total calories for this course	739		
Pomegranate Orange Juice	Carb	Protein	Fat
Grams	91	6	2
Calories	342	21	14
% total calories	90	6	4
Total calories for this course	377		
Tomato Cucumber Soup	Carb	Protein	Fat
Grams	30	6	2
Calories	104	19	13
% total calories	76	14	10
Total calories for this course	136		
Pistachio Cucumber Salad	Carb	Protein	Fat
Grams	34	15	15
Calories	126	56	123
% total calories	42	18	40
Total calories for this course	305		
Daily Totals	Carb	Protein	Fat
Grams	469	40	23
Calories	1700	144	182
Caloronutrient ratio for the day	84	7	9
Total calories for today	2026		

Autumn Menu Plan: Day Two

BREAKFAST : PLUMS

2 lbs. plums

LUNCH: FUYU PERSIMMON

2 lbs. fuyu persimmon

Directions: For those who may not be familiar with the persimmon, the fuyu is a nonstringent variety that can be eaten relatively hard or soft, depending on your preference. The peel is edible, though some people prefer to eat the fruit without it.

† Fuyus are ready to eat when the four-leaf-clover-shaped top pulls off readily without excessive breakage to the leaves. The fuyu is smaller in size than its relative the hachiya, so it takes more of them to equate to the same calories.

DINNER

Course 1: Blended Grapes

1 lb. red seedless grapes

Directions: Pull grapes off the stem and blend them into a grape drink.

† Blend in a stalk or two of celery for a salty twist, but make sure you blend the celery first and then add the grapes. Doing this ensures that the fibers of the celery get broken up well. If you'd like to make it even smoother, then chop the celery into small pieces before you blend it.

Course 2: Kiwi Cucumber Soup

1 lb. kiwis

8 oz. cucumbers

2 oz. pomegranate seeds

Directions: Peel the kiwi and the cucumber. Blend 10 oz. kiwi and all the cucumber to form the soup base. Slice the remaining kiwi, and stir it into the soup or arrange on top for garnish. Sprinkle pomegranate seeds on top for a splash of flavor, texture, and color.

Course 3: Kiwi Strawberry Salad

1 lb. red-leaf lettuce

8 oz. cucumbers

8 oz. strawberries

8 oz. kiwi

Directions: Prep the lettuce and slice cucumber into a bowl. Peel the kiwi. Remove the strawberry tops (if desired, or blend them in as well). Blend the kiwi and strawberry, and dress your salad.

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Autumn Menu Plan: Day Two			
Plums	Carb	Protein	Fat
Grams	104	6	3
Calories	373	23	21
% total calories	89	6	5
Total calories for this course	417		
Fuyu Persimmon	Carb	Protein	Fat
Grams	169	5	2
Calories	602	19	14
% total calories	95	3	2
Total calories for this course	635		
Blended Grapes	Carb	Protein	Fat
Grams	82	3	1
Calories	295	12	6
% total calories	94	4	2
Total calories for this course	313		
Kiwi Cucumber Soup	Carb	Protein	Fat
Grams	81	7	3
Calories	293	25	24
% total calories	86	7	7
Total calories for this course	342		
Kiwi Strawberry Salad	Carb	Protein	Fat
Grams	66	11	3
Calories	242	42	27
% total calories	77	14	9
Total calories for this course	311		
Daily Totals	Carb	Protein	Fat
Grams	502	32	12
Calories	1805	121	92
Caloronutrient ratio for the day	89	6	5
Total calories for today	2018		

Autumn Menu Plan: Day Three

BREAKFAST: PAPAYA

2 lbs. red papaya

LUNCH :BANANA ROMAINE SMOOTHIE

2 lbs. bananas

8 oz. romaine lettuce

Directions: Blend bananas and romaine with as much water as desired for preferred consistency.

DINNER

Course One: Strawberries

2 lbs. strawberries

Directions: Eat fresh or blend into a refreshingly tart drink.

Course Two: Celery Red Pepper Soup

8 oz. celery

8 oz. red bell peppers

8 oz. tomatoes

Directions: Blend the celery and red pepper to make the soup base. Dice the tomatoes and add to the top.

Course Three: Strawberry Fennel Salad

8 oz. romaine lettuce

8 oz. fennel bulb

2 lbs. strawberries

Directions: Chop the lettuce into a bowl. Thinly slice the fennel bulb, and strawberries, and mix them with the salad greens.

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Autumn Meal Plan: Day Three			
Papaya	Carb	Protein	Fat
Grams	89	6	1
Calories	324	20	10
% total calories	91	6	3
Total calories for this course	354		
Banana Romaine Smoothie	Carb	Protein	Fat
Grams	215	13	4
Calories	770	46	30
% total calories	91	5	4
Total calories for this course	846		
Strawberries	Carb	Protein	Fat
Grams	70	6	3
Calories	246	22	22
% total calories	84	8	8
Total calories for this course	290		
Celery Red Pepper Soup	Carb	Protein	Fat
Grams	31	6	2
Calories	105	19	14
% total calories	76	14	10
Total calories for this course	138		
Strawberry Fennel Salad	Carb	Protein	Fat
Grams	94	12	4
Calories	328	41	30
% total calories	82	10	8
Total calories for this course	399		
Daily Totals	Carb	Protein	Fat
Grams	499	43	14
Calories	1773	148	1066
Caloronutrient ratio for the day	87	7	5
Total calories for today	2027		

Autumn Menu Plan: Day Four

BREAKFAST: BANANA MILK

1 ¼ lb. bananas

Directions: Blend bananas with enough water to make a “milky” consistency.

† Add a tablespoon of raw carob powder to the mix for a carob milk treat!

LUNCH : HACHIYA PERSIMMON

2 lbs. hachiya persimmons

Directions: The hachiya is best eaten by pulling the top clover leaf off and sucking the insides out. The skin of this fruit is edible and thinner than the fuyu. No peeling is necessary or even possible with the hachiya persimmon.

† Unlike the fuyu, the hachiya is an astringent variety of persimmon. When unripe, the tannins of this fruit will leave you with a chalky feeling in your mouth. You know this fruit is ripe when it feels so soft it that it seems it should fall apart in your hands. However, it can take anywhere from a couple of weeks to a couple of months for this fruit to reach its peak. I like to say, “buy them at Thanksgiving and eat them at Christmas.” You may find that some have black spots on the outside. This is the result of external sun damage, but it does not affect the fruit’s quality.

DINNER

Course One: Plums

1.5 lbs. plums

Course Two: Cabbage Red Pepper Soup

8 oz. red cabbage

8 oz. red peppers

8 oz. cucumbers

Directions: Peel the cucumber. Blend everything, and enjoy!

Course Three: Tomato Fennel Slaw

8 oz. red cabbage

1 lb. tomatoes

1 frond of fennel for garnish and flavor

Directions: Chop all ingredients and stir together in a bowl.

† If the flavor of fennel is not palatable to you, substitute any mild herb you enjoy, such as basil or cilantro.

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Autumn Meal Plan: Day Four			
Banana Milk	Carb	Protein	Fat
Grams	207	10	3
Calories	747	36	24
% total calories	93	4	3
Total calories for this course	807		
Hachiya Persimmon	Carb	Protein	Fat
Grams	169	5	2
Calories	602	19	14
% total calories	95	3	2
Total calories for this course	635		
Plums	Carb	Protein	Fat
Grams	78	5	2
Calories	281	17	15
% total calories	90	5	5
Total calories for this course	313		
Cabbage Red Pepper Soup	Carb	Protein	Fat
Grams	35	7	1
Calories	121	24	11
% total calories	78	15	7
Total calories for this course	156		
Tomato Fennel Slaw	Carb	Protein	Fat
Grams	38	7	2
Calories	128	24	14
% total calories	78	14	8
Total calories for this course	166		
Daily Totals	Carb	Protein	Fat
Grams	527	34	10
Calories	1879	120	78
Caloronutrient ratio for the day	90	6	4
Total calories for today	2077		

Autumn Menu Plan: Day Five

BREAKFAST : GRAPES

2 lbs. green grapes

LUNCH : SWEET BANANAS!

1 lb. bananas

4 oz. dates

Directions: Pit the dates and place in a blender. Pour just enough water to allow the dates to blend into a paste. Peel the bananas and blend them in with the date purée, using as much water to reach your desired consistency.

DINNER

Course One: Fresh-Squeezed Orange Juice

16 oz. fresh-squeezed orange juice

Course Two: Orange Pepper Cucumber Soup

8 oz. orange bell peppers

8 oz. cucumbers

4 oz. strawberries

Directions: Blend the peppers and cucumbers. Garnish with sliced strawberries for color and texture.

Course Three: Orange Pecan Salad

1 lb. baby spinach

4 oz. broccoli florets

4 oz. fresh-squeezed orange juice

1 oz. pecans

Directions: Tear the spinach into a bowl. Chop the broccoli and mix with greens. Blend the orange juice with the pecans for the dressing. Enjoy!

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Autumn Meal Plan: Day Five			
Green Grapes	Carb	Protein	Fat
Grams	164	7	1
Calories	591	23	12
% total calories	94	4	2
Total calories for this course	626		
Sweet Bananas!	Carb	Protein	Fat
Grams	189	7	2
Calories	679	25	14
% total calories	95	3	2
Total calories for this course	718		
Fresh-Squeezed Orange Juice	Carb	Protein	Fat
Grams	47	3	1
Calories	184	12	8
% total calories	90	6	4
Total calories for this course	204		
Orange Pepper Cucumber Soup	Carb	Protein	Fat
Grams	28	4	1
Calories	100	16	9
% total calories	80	13	7
Total calories for this course	125		
Orange Pecan Salad	Carb	Protein	Fat
Grams	40	20	23
Calories	138	70	177
% total calories	36	18	46
Total calories for this course	385		
Daily Totals	Carb	Protein	Fat
Grams	468	41	28
Calories	1692	146	220
Caloronutrient ratio for the day	82	7	11
Total calories for today	2058		

Autumn Menu Plan: Day Six

BREAKFAST : GRAPES

2 lbs. red grapes

LUNCH: FIGS

2 lbs. figs

DINNER

Course One: Pineapple Strawberry Drink

1 lb. pineapple

1 lb. strawberries

Directions: Peel and core the pineapple. De-stem the strawberries. Blend pineapple and strawberries until they make a smoothie.

Course Two: Pineapple Red Pepper Soup

1.5 lbs. pineapple

8 oz. red bell peppers

8 oz. tomatoes

Directions: Peel and core the pineapple, core the pepper and blend. Dice the tomato and stir into the soup, or sprinkle on top as garnish.

Course Three: Strawberry Parsley Salad

1 lb. red-leaf lettuce

8 oz. cherry tomatoes

8 oz. strawberries

1 oz. parsley

Directions: Chop the lettuce into a bowl. Blend the strawberries and parsley as the dressing.

Companion Guide for Audio Book

Autumn Meal Plan: Day Six			
Red Grapes	Carb	Protein	Fat
Grams	164	7	1
Calories	591	23	12
% total calories	94	4	2
Total calories for this course	626		
Figs	Carb	Protein	Fat
Grams	174	7	3
Calories	625	24	22
% total calories	93	4	3
Total calories for this course	671		
Pineapple Strawberry Drink	Carb	Protein	Fat
Grams	88	6	2
Calories	313	20	16
% total calories	89	6	5
Total calories for this course	349		
Pineapple Red Pepper Soup	Carb	Protein	Fat
Grams	105	8	2
Calories	367	28	18
% total calories	89	7	4
Total calories for this course	413		
Strawberry Parsley Salad	Carb	Protein	Fat
Grams	40	10	3
Calories	144	37	22
% total calories	71	18	11
Total calories for this course	203		
Daily Totals	Carb	Protein	Fat
Grams	571	38	11
Calories	2040	132	90
Caloronutrient ratio for the day	90	6	4
Total calories for today	2259		

Autumn Menu Plan: Day Seven

BREAKFAST: CONCORD GRAPES

2 lbs. concord grapes

LUNCH : FIGGY BLISS

1 lb. bananas

1 lb. figs

16 oz. young coconut water

Directions: Blend and savor.

DINNER

Course One: Papaya

1 lb. papaya

Course Two: Grapefruit Tomato Soup

8 oz. grapefruit

8 oz. tomatoes

8 oz. cucumbers

Directions: Blend the grapefruit, cucumber, and ½ of the tomatoes for the soup base. Chop, slice, or dice the remaining tomato for color and texture.

Course Three: Orange Avocado Slaw

8 oz. celery

8 oz. cabbage

4 oz. California avocado

8 oz. fresh-squeezed orange juice

Directions: Grate the cabbage and celery with a food processor, or cut very fine. Place into a bowl. Dice the avocado into a separate bowl, stir in the orange juice, and mix with a fork until it becomes a chunky sauce. Stir into the cabbage mixture until evenly coated.

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Autumn Meal Plan: Day Seven			
Concord Grapes	Carb	Protein	Fat
Grams	117	4	2
Calories	422	15	19
% total calories	93	3	4
Total calories for this course	456		
Figgy Bliss	Carb	Protein	Fat
Grams	207	12	4
Calories	753	42	31
% total calories	91	5	4
Total calories for this course	826		
Papaya	Carb	Protein	Fat
Grams	44	3	1
Calories	162	10	5
% total calories	91	6	3
Total calories for this course	177		
Grapefruit Tomato Soup	Carb	Protein	Fat
Grams	40	5	1
Calories	141	18	11
% total calories	83	11	6
Total calories for this course	170		
Orange Avocado Slaw	Carb	Protein	Fat
Grams	55	9	19
Calories	201	32	154
% total calories	52	8	40
Total calories for this course	387		
Daily Totals	Carb	Protein	Fat
Grams	463	33	27
Calories	1679	117	220
Caloronutrient ratio for the day	83	6	11
Total calories for today	2016		
Weekly totals	Carb	Protein	Fat
Caloronutrient ratio for the week	87	6	7

Winter Menu Plan: Day One

BREAKFAST

Banana Milk

2 lb. bananas

Directions: Blend bananas with enough water to make a “milky” consistency.

LUNCH

Hachiya Persimmon

2 lbs. hachiya persimmons

DINNER

Course One: Orange Papaya Smoothie

8 oz. papaya

8 oz. fresh-squeezed orange juice

Directions: De-seed the papaya and then peel or simply scoop out the flesh with a spoon. Blend with the orange juice.

Course Two: Orange Verde Soup

8 oz. romaine lettuce

8 oz. Valencia oranges

Directions: Blend lettuce and $\frac{3}{4}$ of the oranges together. Break apart the remaining orange into segments for garnish.

Course Three: Orange-Walnut Salad

8 oz. romaine lettuce

4 oz. oranges

1 oz. walnuts

Directions: Chop the lettuce into a bowl. Peel the oranges, cut them into small pieces, and place in a separate bowl along with chopped walnuts. Stir and pour over lettuce. Simply delicious

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Banana Milk	Carb	Protein	Fat
Grams	207	10	3
Calories	747	36	24
% total calories	93	4	3
Total calories for this course	807		
Hachiya Persimmon	Carb	Protein	Fat
Grams	169	5	2
Calories	602	19	14
% total calories	95	3	2
Total calories for this course	635		
Orange Papaya Smoothie	Carb	Protein	Fat
Grams	48	3	1
Calories	181	12	7
% total calories	90	6	4
Total calories for this course	200		
Orange Verde Soup	Carb	Protein	Fat
Grams	34	5	1
Calories	121	18	11
% total calories	81	12	7
Total calories for this course	150		
Walnut Orange Salad	Carb	Protein	Fat
Grams	25	8	20
Calories	90	30	160
% total calories	32	11	57
Total calories for this course	280		
Daily Totals	Carb	Protein	Fat
Grams	483	31	27
Calories	1741	115	216
Caloronutrient ratio for the day	84	6	10
Total calories for today	2072		

Winter Menu Plan: Day Two

BREAKFAST

Citrus Salad

8 oz. grapefruit
1 lb. Valencia oranges
1 lb. sweet tangerines

Directions: Peel the fruits and cut them into a bowl. Enjoy the contrasting flavors.

† Experiment with all the different varieties of oranges and tangerines. Blood oranges make an excellent addition or substitution to this “salad.”

LUNCH

Banana Celery Smoothie

2 lbs. bananas
4 oz. celery

Directions: Cut the celery into small pieces to sever the fibers, making them easier to blend. Blend banana and celery with as much water as needed for desired consistency.

DINNER

Course One: Fresh-Squeezed Orange Juice

16 oz. fresh-squeezed orange juice

Course Two: Cabbage Tomato Soup

8 oz. fresh-squeezed orange juice
8 oz. cabbage
4 oz. romaine lettuce
4 oz. tomatoes

Directions: Blend orange juice, cabbage, and lettuce. Pour purée into a large serving bowl, and sprinkle with diced tomato. Voilà!

Course Three: Orange Fennel Slaw

8 oz. cabbage
1 lb. oranges
1 shoot of fennel top

Directions: Finely chop the cabbage and fennel into a bowl. Chop the oranges into small pieces, and stir into the cabbage-fennel mix.

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Winter Menu Plan: Day Two			
Citrus Salad	Carb	Protein	Fat
Grams	138	10	2
Calories	496	35	18
% total calories	91	6	3
Total calories for this course	549		
Banana Celery Smoothie	Carb	Protein	Fat
Grams	211	11	3
Calories	759	38	26
% total calories	92	5	3
Total calories for this course	823		
Fresh-Squeezed Orange Juice	Carb	Protein	Fat
Grams	47	3	1
Calories	184	12	8
% total calories	90	6	4
Total calories for this course	204		
Cabbage Tomato Soup	Carb	Protein	Fat
Grams	47	7	1
Calories	171	26	12
% total calories	82	12	6
Total calories for this course	209		
Orange Fennel Slaw	Carb	Protein	Fat
Grams	70	8	1
Calories	250	27	7
% total calories	88	10	2
Total calories for this course	284		
Daily Totals	Carb	Protein	Fat
Grams	513	39	8
Calories	1860	138	71
Caloronutrient ratio for the day	90	7	3
Total calories for today	2069		

Winter Menu Plan: Day Three

BREAKFAST

Papaya

2 ½ lbs. red papaya

LUNCH

Bananas with Date Sauce

1 lb. bananas

4 oz. dates

Directions: Slice the bananas into a bowl. Pit the dates and blend them with just enough water to make a thick sauce. Pour over the bananas and devour!

DINNER

Course One: Pineapple Orange Drink

12 oz. pineapple

16 oz. fresh-squeezed orange juice

Directions: Peel and core the pineapple. Blend. Cheers!

Course Two: P.L.T. Soup

12 oz. pineapple

8 oz. romaine lettuce

4 oz. tomatoes

Directions: Peel and core the pineapple. Blend with the lettuce, then pour into a bowl. Dice the tomato and pour over the soup.

Course Three: Pineapple Tahini Salad

8 oz. romaine lettuce

8 oz. cucumbers

4 oz. pineapple

1 oz. raw, mechanically hulled tahini

Directions: Chop the lettuce into a bowl. Peel and slice the cucumber, and mix with the lettuce. Peel and core the pineapple. Blend with the tahini and dress the salad.

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Winter Menu Plan: Day Three			
Papaya	Carb	Protein	Fat
Grams	111	7	2
Calories	404	25	13
% total calories	91	6	3
Total calories for this course	442		
Bananas with Date Sauce	Carb	Protein	Fat
Grams	189	7	2
Calories	679	25	14
% total calories	95	3	2
Total calories for this course	718		
Pineapple Orange Drink	Carb	Protein	Fat
Grams	92	5	1
Calories	344	20	12
% total calories	92	5	3
Total calories for this course	376		
P.L.T. Soup	Carb	Protein	Fat
Grams	56	6	1
Calories	194	20	12
% total calories	86	9	5
Total calories for this course	226		
Pineapple Tahini Salad	Carb	Protein	Fat
Grams	34	10	15
Calories	125	36	121
% total calories	44	13	43
Total calories for this course	282		
Daily Totals	Carb	Protein	Fat
Grams	482	35	21
Calories	1746	126	172
Caloronutrient ratio for the day	85	6	8
Total calories for today	2044		

Winter Menu Plan: Day Four

BREAKFAST

Pineapple Kiwi Smoothie

1 lb. pineapple
1 lb. kiwi

Directions: Blend and enjoy. Add water for a thinner consistency if desired.

LUNCH

Dates and Cucumber

10 oz. medjool dates
1 lb. cucumbers

Directions: Peeled cucumber works best for this recipe. Pit the dates and thickly slice the cucumber. Place one date on each cucumber slice and devour. It's sweet, juicy, and crunchy!

† Nutritional information is only available for the two major varieties of dates, medjool and deglet noor. Countless other varieties exist that you may prefer. Several mail-order providers from Southern California specialize in rare and exotic varieties and will ship them to just about anywhere in the U.S. Enjoy dates when they are the freshest in late fall and early winter.

DINNER

Course One: Satsuma Tangerines

1 lb. tangerines

Course Two: Grapefruit Cucumber Soup

8 oz. cucumbers
8 oz. grapefruit
8 oz. tomatoes

Directions: Blend and enjoy.

Course Three: Satsuma Cucumber

1 lb. baby spinach
8 oz. satsuma tangerines
8 oz. cucumbers
½ oz. pine nuts

Directions: Tear the spinach into a bowl. Blend the tangerines and cucumber into a dressing. Sprinkle with pine nuts.

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Winter Menu Plan: Day Four			
Pineapple Kiwi Smoothie	Carb	Protein	Fat
Grams	124	8	3
Calories	444	27	23
% total calories	90	5	5
Total calories for this course	494		
Dates and Cucumber	Carb	Protein	Fat
Grams	226	8	1
Calories	809	30	10
% total calories	95	4	1
Total calories for this course	849		
Satsuma Tangerines	Carb	Protein	Fat
Grams	61	4	1
Calories	216	13	11
% total calories	90	5	5
Total calories for this course	240		
Grapefruit Cucumber Soup	Carb	Protein	Fat
Grams	40	5	1
Calories	141	18	11
% total calories	83	11	6
Total calories for this course	170		
Satsuma Cucumber	Carb	Protein	Fat
Grams	38	17	12
Calories	133	59	95
% total calories	46	21	33
Total calories for this course	287		
Daily Totals	Carb	Protein	Fat
Grams	489	42	18
Calories	1743	147	150
Caloronutrient ratio for the day	85	7	7
Total calories for today	2040		

Winter Menu Plan: Day Five

BREAKFAST

Satsuma Tangerines

2 lbs. Satsuma tangerines

LUNCH

Just Bananas!

2 lbs. bananas

Directions: Blend the bananas into a smoothie or eat them straight. The choice is all yours!

DINNER:

Course One: Papaya Pineapple Drink

1 lb. papaya

8 oz. pineapple

Directions: Blend and serve. For a thinner drink add as much water as you desire.

Course Two: Papaya Lime Soup

1 lb. papaya

8 oz. romaine lettuce

1 oz. lime juice

Directions: Blend all ingredients and pour into a bowl. Splendid!

Course Three: Orange Hemp Seed Salad

1 lb. red-leaf lettuce

8 oz. Valencia oranges

2 tbsp. hemp seeds

Directions: Chop the lettuce into a bowl. Peel the oranges and place them in a separate bowl. Stir in the hemp seeds, and pour the mixture over the lettuce.

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Winter Menu Plan: Day Five			
Satsuma Tangerines	Carb	Protein	Fat
Grams	121	7	3
Calories	432	26	23
% total calories	90	5	5
Total calories for this course	481		
Just Bananas!	Carb	Protein	Fat
Grams	207	10	3
Calories	747	36	24
% total calories	93	4	3
Total calories for this course	807		
Papaya Pineapple Drink	Carb	Protein	Fat
Grams	73	4	1
Calories	265	14	7
% total calories	93	5	2
Total calories for this course	286		
Papaya Lime Soup	Carb	Protein	Fat
Grams	30	4	1
Calories	104	15	8
% total calories	82	12	6
Total calories for this course	127		
Orange Hemp Seed Salad	Carb	Protein	Fat
Grams	44	19	11
Calories	165	75	90
% total calories	50	23	27
Total calories for this course	259		
Daily Totals	Carb	Protein	Fat
Grams	475	44	19
Calories	1713	166	152
Caloronutrient ratio for the day	84	8	7
Total calories for today	2031		

Winter Menu Plan: Day Six

BREAKFAST

Kiwi Orange Drink

1 lb. kiwi
16 oz. fresh-squeezed orange juice

Directions: Peel the kiwi and blend with the orange juice.

LUNCH

Banana Wraps

1 ³/₄ lbs. bananas
8 oz. romaine lettuce

Directions: Peel the bananas and wrap in whole lettuce leaves.

DINNER

Course One: Tangerine Pineapple Blend

8 oz. tangerines
12 oz. pineapple

Directions: Peel and core the pineapple. Blend with the tangerines for a thick smoothie. Course Two: Tangerine Celery Soup

8 oz. tangerines
4 oz. celery
4 oz. red bell peppers

Directions: Blend and pour into a bowl.

† It helps to use a sweet and seedless variety of tangerine for this recipe. Oranges can also substitute well for the tangerines.

Course Three: Pineapple Red Pepper Salad

1 lb. butter lettuce
4 oz. pineapple
4 oz. red bell peppers
1 oz. sliced almonds

Directions: Prep the lettuce into a bowl. Blend the pineapple and red pepper to dress your salad. Garnish with almonds.

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Winter Menu Plan: Day Six			
Kiwi Orange Drink	Carb	Protein	Fat
Grams	118	9	3
Calories	440	32	28
% total calories	88	6	6
Total calories for this course	500		
Banana Wraps	Carb	Protein	Fat
Grams	189	11	3
Calories	677	41	27
% total calories	90	6	4
Total calories for this course	745		
Tangerine Pineapple Blend	Carb	Protein	Fat
Grams	73	4	1
Calories	262	13	9
% total calories	92	5	3
Total calories for this course	284		
Tangerine Celery Soup	Carb	Protein	Fat
Grams	40	4	1
Calories	143	13	10
% total calories	86	8	6
Total calories for this course	166		
Pineapple Red Pepper Salad	Carb	Protein	Fat
Grams	37	14	16
Calories	132	49	126
% total calories	43	16	41
Total calories for this course	307		
Daily Totals	Carb	Protein	Fat
Grams	457	42	24
Calories	1654	148	200
Caloronutrient ratio for the day	83	7	10
Total calories for today	2002		

Winter Menu Plan: Day Seven

BREAKFAST

Papaya Banana Salad

8 oz. papaya
1 lb. banana

Directions: Cut fruits into a bowl and mix.

LUNCH

Dates and Celery

10 oz. dates
16 oz. celery

Directions: Eat them together, or one at a time.

DINNER

Course 1: Fresh-Squeezed Orange Juice

16 oz. fresh-squeezed orange juice

Course 2: Orange Broccoli Soup

8 oz. broccoli
8 oz. oranges

Directions: Blend both ingredients into a delicious soup.

Course 3: Grapefruit Tahini Salad

1 lb. romaine lettuce
4 oz. broccoli
4 oz. grapefruit
1 oz. raw mechanically hulled tahini

Directions: Finely chop the lettuce and broccoli into a bowl. Blend the grapefruit and the tahini to dress the salad.

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Winter Menu Plan: Day Seven			
Papaya Banana Salad	Carb	Protein	Fat
Grams	126	6	2
Calories	454	23	15
% total calories	92	5	3
Total calories for this course	492		
Dates and Celery	Carb	Protein	Fat
Grams	226	8	1
Calories	809	30	10
% total calories	95	4	1
Total calories for this course	849		
Fresh-Squeezed Orange Juice	Carb	Protein	Fat
Grams	47	3	1
Calories	184	12	8
% total calories	90	6	4
Total calories for this course	204		
Orange Broccoli Soup	Carb	Protein	Fat
Grams	42	9	2
Calories	146	30	12
% total calories	78	16	6
Total calories for this course	188		
Grapefruit Tahini Salad	Carb	Protein	Fat
Grams	42	15	16
Calories	149	52	124
% total calories	46	16	38
Total calories for this course	325		
Daily Totals	Carb	Protein	Fat
Grams	483	41	22
Calories	1742	147	169
Caloronutrient ratio for the day	85	7	8
Total calories for today	2058		
Weekly totals	Carb	Protein	Fat
Caloronutrient ratio for the week	85	7	8

Spring Menu Plan: Day One

BREAKFAST

Papaya with Kiwi Sauce

2.5 lbs. papaya
8 oz. kiwi

Directions: De-seed and peel the papaya. Cut into a bowl. Blend the kiwi and pour over the papaya.

LUNCH

Banana Celery Smoothie

1 ³/₄ lbs. bananas
4 oz. celery

Directions: Cut the celery into small pieces to sever the fibers, making them easier to blend. Blend banana and celery with as much water as needed for desired consistency.

DINNER

Course One: Pineapple Kiwi Drink

8 oz. pineapple
8 oz. kiwi

Directions: Peel and core the pineapple. Peel the kiwi, and then blend the two ingredients.

Course Two: Pineapple Fennel Soup

8 oz. pineapple
4 oz. celery
4 oz. cucumber
1 oz. fennel fronds

Directions: Blend the pineapple, celery, and fennel, and pour into a bowl. Cut the cucumber into small chunks and use to garnish the top of the soup.

Course 3: Pineapple Macadamia Salad

1 lb. green-leaf lettuce
4 oz. tomatoes
4 oz. pineapple
1 oz. macadamia nuts

Directions: Chop the lettuce into a bowl. Slice the tomato and toss with the greens. Blend the pineapple and macadamia nuts for a scrumptious dressing!

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Spring Menu Plan: Day One			
Papaya with Kiwi Sauce	Carb	Protein	Fat
Grams	144	10	3
Calories	524	34	23
% total calories	90	6	4
Total calories for this course	581		
Banana Celery Smoothie	Carb	Protein	Fat
Grams	185	9	3
Calories	665	34	23
% total calories	92	5	3
Total calories for this course	722		
Pineapple Kiwi Drink	Carb	Protein	Fat
Grams	62	4	1
Calories	221	14	12
% total calories	89	6	5
Total calories for this course	247		
Pineapple Fennel Soup	Carb	Protein	Fat
Grams	37	3	1
Calories	130	11	6
% total calories	88	7	4
Total calories for this course	147		
Pineapple Macadamia Salad	Carb	Protein	Fat
Grams	36	10	23
Calories	130	36	184
% total calories	37	10	53
Total calories for this course	350		
Daily Totals	Carb	Protein	Fat
Grams	464	36	31
Calories	1670	129	248
Caloronutrient ratio for the day	82	6	12
Total calories for today	2047		

Spring Menu Plan: Day Two

BREAKFAST

Bananas with Carob Sauce

1 lb. bananas
1 oz. medjool dates
1 oz. raw carob powder

Directions: Slice most of the bananas into a bowl, reserving ½ of one banana for the sauce. Blend the dates, ½ banana, and carob with just enough water to make a sauce. Pour over the sliced banana.

LUNCH

Banana Milk

2 lbs. bananas

Directions: Blend bananas with enough water to make a “milky” consistency.

DINNER

Course 1: Strawberry Pineapple Drink

8 oz. strawberries
8 oz. pineapple

Directions: Prep both ingredients and blend.

Course 2: Strawberry Yellow Pepper Soup

1 lb. strawberries
8 oz. yellow bell peppers
8 oz. romaine lettuce

Directions: Chop all ingredients into a blender, except for 1 strawberry, and blend. Pour into a bowl and garnish with the reserved strawberry, thinly sliced.

Course 3: Strawberry Red Pepper Salad

1 lb. romaine lettuce
4 oz. red bell peppers
8 oz. strawberries

Directions: Finely chop the lettuce into a bowl. Blend the red peppers and strawberries into a dressing. Pour over the salad.

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Spring Menu: Day Two			
Bananas with Carob Sauce	Carb	Protein	Fat
Grams	150	7	2
Calories	509	23	13
% total calories	93	4	3
Total calories for this course	545		
Banana Milk	Carb	Protein	Fat
Grams	207	10	3
Calories	747	36	24
% total calories	93	4	3
Total calories for this course	807		
Pineapple Strawberry Drink	Carb	Protein	Fat
Grams	44	3	1
Calories	157	10	8
% total calories	89	6	5
Total calories for this course	175		
Strawberry Yellow Pepper Soup	Carb	Protein	Fat
Grams	57	8	3
Calories	197	28	20
% total calories	81	11	8
Total calories for this course	245		
Strawberry Red Pepper Salad	Carb	Protein	Fat
Grams	39	8	2
Calories	133	28	18
% total calories	74	16	10
Total calories for this course	179		
Daily Totals	Carb	Protein	Fat
Grams	497	36	11
Calories	1743	125	83
Caloronutrient ratio for the day	89	6	4
Total calories for today	1951		

Spring Menu Plan: Day Three

BREAKFAST

Citrus Celebration!

8 oz. pineapple
8 oz. kiwi
8 oz. strawberries
8 oz. red grapefruit
8 oz. oranges

Directions: Prep all ingredients, chop, and mix together into a bowl.

LUNCH

Ataulfo Mangos

2 lbs. ataulfo mangos

† This Mexican variety of mango begins its season in late April. Also known as honey, champagne, Manila, Asian, or yellow mango, it is a smaller-than-average mango, with a pale yellow color and a virtually fiberless flesh and sweet flavor, which makes it a leader of the imported varieties. While imported mangos are subject to hot-water treatment (unless you live in areas where they are grown locally, such as South Florida and Southern California), they are sometimes the only varieties available. It is always a good idea to visit areas where tropical fruits are grown.

DINNER

Course 1: Kiwi Strawberry

1 lb. kiwi
1 lb. strawberries

Directions: Slice, dice, and enjoy.

Course 2: Strawberry Cucumber Soup

1 lb. strawberries
8 oz. cucumbers

Directions: Peel and slice the cucumber and blend the strawberries, leaving a little of each for garnish. Blend, pour into a bowl, and decorate.

Course 3: Strawberry Almond Salad

1 lb. red-leaf lettuce
4 oz. cucumbers
4 oz. strawberries
1 oz. almonds

Directions: Chop the lettuce into a large bowl. Peel and slice the cucumber and mix with the lettuce. Blend the strawberries and almonds for a dressing.

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Spring Menu Plan: Day Three			
Citrus Celebration	Carb	Protein	Fat
Grams	130	9	3
Calories	467	33	22
% total calories	90	6	4
Total calories for this course	522		
Ataulfo Mangos	Carb	Protein	Fat
Grams	154	5	2
Calories	553	17	20
% total calories	94	3	3
Total calories for this course	590		
Kiwi Strawberry	Carb	Protein	Fat
Grams	101	8	4
Calories	363	29	30
% total calories	86	7	7
Total calories for this course	422		
Strawberry Cucumber Soup	Carb	Protein	Fat
Grams	40	4	2
Calories	142	16	14
% total calories	83	9	8
Total calories for this course	172		
Strawberry Almond Salad	Carb	Protein	Fat
Grams	27	13	16
Calories	101	51	134
% total calories	35	18	47
Total calories for this course	286		
Daily Totals	Carb	Protein	Fat
Grams	452	39	27
Calories	1626	146	220
Caloronutrient ratio for the day	82	7	11
Total calories for today	1992		

Spring Menu Plan: Day Four

BREAKFAST

Orange Juice

4 cups fresh-squeezed orange juice

LUNCH

Banana and Ataulfo Smoothies

1 lb. bananas

1 lb. ataulfo mangoes

Directions: Blend and devour!

DINNER:

Course One: Papaya Strawberry Boats

1 lb. papaya

1 lb. strawberries

Directions: Deseed the papaya, and fill with sliced strawberries. Arm yourself with a spoon and enjoy!

Course Two: Celery Orange Soup

8 oz. celery

8 oz. red bell peppers

8 oz. Valencia oranges

Directions: Blend the celery, orange, and $\frac{3}{4}$ of the red pepper. Pour into a bowl and decorate with the remaining red pepper, finely chopped.

Course Three: Orange Red Pepper Salad

1 lb. red-leaf lettuce

4 oz. oranges

2 oz. red bell peppers

1 oz. Brazil nuts

Directions: Tear the lettuce into a bowl. Use the pulse setting on your blender to turn the oranges, bell pepper, and Brazil nuts into a chunky dressing.

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Spring Menu Plan: Day Four			
Orange Juice	Carb	Protein	Fat
Grams	94	6	2
Calories	367	25	16
% total calories	90	6	4
Total calories for this course	408		
Banana and Ataulfo Smoothies	Carb	Protein	Fat
Grams	181	7	3
Calories	651	26	22
% total calories	93	4	3
Total calories for this course	699		
Papaya Strawberry Boats	Carb	Protein	Fat
Grams	79	6	2
Calories	285	21	16
% total calories	88	7	5
Total calories for this course	322		
Celery Orange Soup	Carb	Protein	Fat
Grams	47	6	2
Calories	166	22	14
% total calories	82	11	7
Total calories for this course	202		
Orange Red Pepper Salad	Carb	Protein	Fat
Grams	31	12	20
Calories	114	44	171
% total calories	35	13	52
Total calories for this course	329		
Daily Totals	Carb	Protein	Fat
Grams	432	37	29
Calories	1583	138	239
Caloronutrient ratio for the day	81	7	12
Total calories for today	1961		

Spring Menu Plan: Day Five

BREAKFAST

Sweet-Tart Delight

16 oz. fresh-squeezed orange juice
8 oz. ataulfo mangos
8 oz. strawberries

Directions: Blend everything and try not to drink it too fast... it's that good!

LUNCH

Just Bananas!

2 lbs. bananas

DINNER

Course One: Fresh-Squeezed Orange Juice

16 oz. fresh-squeezed orange juice

Course Two: Spinach Red Pepper Soup

8 oz. spinach
8 oz. red bell peppers
8 oz. oranges

Directions: Blend all of the ingredients and pour into a bowl.

Course Three: Orange Pistachio Salad

8 oz. baby spinach
8 oz. red-leaf lettuce
4 oz. oranges
1 oz. pistachios

Directions: Chop the spinach and lettuce into a bowl. Blend the oranges and pistachio, and dress your salad!

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Spring Meal Plan: Day Five			
Sweet-Tart Delight	Carb	Protein	Fat
Grams	124	5	2
Calories	461	20	18
% total calories	92	4	4
Total calories for this course	499		
Just Bananas!	Carb	Protein	Fat
Grams	207	10	3
Calories	747	36	24
% total calories	93	4	3
Total calories for this course	807		
Fresh-Squeezed Orange Juice	Carb	Protein	Fat
Grams	47	3	1
Calories	184	12	8
% total calories	90	6	4
Total calories for this course	204		
Spinach Red Pepper Soup	Carb	Protein	Fat
Grams	49	11	2
Calories	167	37	14
% total calories	77	17	6
Total calories for this course	218		
Orange Pistachio Salad	Carb	Protein	Fat
Grams	35	16	14
Calories	126	59	115
% total calories	42	20	38
Total calories for this course	300		
Daily Totals	Carb	Protein	Fat
Grams	462	45	22
Calories	1685	164	179
Caloronutrient ratio for the day	83	8	9
Total calories for today	2028		

Spring Menu Plan: Day Six

BREAKFAST:

Spring Fruit Salad

1 lb. sweet oranges
1 lb. strawberries
8 oz. kiwi

Directions: Cut all the fruits into chunky bite-size pieces, toss, and savor the flavor!

LUNCH:

Ataulfo Strawberry Salad

2 lbs. ataulfo mangos
1 lb. strawberries

Directions: Dice the mangos and slice the strawberries into a bowl.

DINNER:

Course One: Papaya

1.5 lbs. papaya

Course Two: Papaya Gazpacho

1 lb. papaya
8 oz. tomatoes
2 oz. fresh basil

Directions: Deseed the papaya, peel, and cut it into small chunks, or blend it, if you prefer. Dice the tomato and finely chop the basil. Add them both to the papaya mixture. Enjoy!

Course Three: Papaya Salad Wraps

1 lb. butter lettuce
1 lb. papaya
juice of 1 lime

Directions: In a bowl, cut the papaya into small chunks. Mix it with the lime juice until it all melds together. Use the lettuce leaves as wrappers, and use your papaya-lime blend as a filling.

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Spring Menu Plan: Day Six			
Spring Fruit Salad	Carb	Protein	Fat
Grams	121	10	3
Calories	436	36	25
% total calories	88	7	5
Total calories for this course	497		
Ataulfo Strawberry Salad	Carb	Protein	Fat
Grams	189	8	4
Calories	677	27	31
% total calories	92	4	4
Total calories for this course	735		
Papaya	Carb	Protein	Fat
Grams	67	4	1
Calories	242	15	8
% total calories	91	6	3
Total calories for this course	265		
Papaya Gazpacho	Carb	Protein	Fat
Grams	57	6	2
Calories	204	22	14
% total calories	85	9	6
Total calories for this course	240		
Papaya Salad Wraps	Carb	Protein	Fat
Grams	57	9	2
Calories	199	31	13
% total calories	82	13	5
Total calories for this course	243		
Daily Totals	Carb	Protein	Fat
Grams	491	37	12
Calories	1758	131	91
Caloronutrient ratio for the day	89	7	5
Total calories for today	1980		

Spring Menu Plan: Day Seven

BREAKFAST:

Strawberries

3 lbs. strawberries

† If you are looking to get a little extra greens, or to save time, you can eat the tops to the strawberries. They do change the texture a bit, but they also add a little green flavor. If you enjoy eating greens with your fruit, then this is a complete package.

Lunch:

Banana Romaine Smoothie

2 lbs. bananas

8 oz. romaine lettuce

Directions: Blend into a smoothie.

DINNER:

Course One: Orange Kiwi

1 lb. oranges

8 oz. kiwi

Directions: Peel the oranges, then cut them into chunks and place in a bowl. Peel the kiwi and cut into slices. Stir into the oranges.

Course Two: Cauliflower Tomato Soup

8 oz. cauliflower florets

1 lb. tomatoes

Directions: Blend cauliflower with $\frac{3}{4}$ of the tomatoes. Dice the remaining tomato and stir it into the soup or place on top for garnish.

Course Three: Orange Tahini Salad

8 oz. romaine lettuce

8 oz. baby spinach

4 oz. oranges

1 tbsp. raw mechanically hulled tahini

Directions: Tear greens into a bowl. Blend orange segments with tahini, and dress.

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Spring Menu Plan: Day Seven			
Strawberries	Carb	Protein	Fat
Grams	105	9	4
Calories	370	32	33
% total calories	85	7	8
Total calories for this course	435		
Banana Romaine Smoothie	Carb	Protein	Fat
Grams	215	13	4
Calories	770	46	30
% total calories	91	5	4
Total calories for this course	846		
Orange Kiwi	Carb	Protein	Fat
Grams	60	5	1
Calories	216	17	12
% total calories	88	7	5
Total calories for this course	245		
Cauliflower Tomato Soup	Carb	Protein	Fat
Grams	33	8	2
Calories	111	28	13
% total calories	73	18	9
Total calories for this course	152		
Orange Tahini Salad	Carb	Protein	Fat
Grams	36	15	15
Calories	129	55	122
% total calories	42	18	40
Total calories for this course	306		
Daily Totals	Carb	Protein	Fat
Grams	449	50	26
Calories	1596	178	210
Calonutrient ratio for the day	80	9	11
Total calories for today	1984		
Weekly totals	Carb	Protein	Fat
Calonutrient ratio for the week	84	7	9

Appendix C.

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Mark Squire, St. Petersburg, Florida

Back a few years ago, a struggling raw-food friend of mine referred me to the work of a guy named Doug Graham. I had never heard of him before, so I began to educate myself a bit on the message he brought to the table. My first reaction? “This guy is a damned fool!” However, I had become so frustrated with my current raw-food program (which was about 50% fat) that I was willing to give anything a shot.

I started eating larger and larger portions of fruit, but still neglected other important aspects of healthy living. Now my initial stance was solidified: “This guy IS a fool and his suggestions are insane!” Yet, for some reason, I continued on. Why, I do not know.

Slowly but surely, Doug’s teachings made more and more sense. The more consistently I applied Doug’s program (with a little dash of Squire mixed in) I began to notice miraculous things happening. Not only was my health improving dramatically, but I was also getting stronger and faster, and my endurance was skyrocketing. I had been lifting weights on a raw-food diet for three years prior to **811** and had nothing to show for it. Roughly one full year later, being 100% dedicated to keeping my fruit intake high, I was nearly 30 lbs. heavier, all of which was muscle. Over the next year, I added an additional 10 lbs. of muscle, bringing my total up to 40 lbs.

The added muscle isn’t the main benefit of being on a raw-food diet. The best part of the whole journey has been my childlike energy levels, my blissful state of joy, and my ability to tune into nature, all of which were amplified measurably. When I was about to give up on raw foods once and for all, Doug steered me back on the right track.

The program isn’t easy, but with enough inner strength and persistence, you will undoubtedly experience a radical transformation in every aspect of your life. As much trash as I talked about Doug in my learning process, it’s because this **811** program was changing me down to the core. My belief system was threatened, and I fired off about him, as a defense mechanism. It was quite a struggle getting to the point I’m at now, but now I see as clear as day that Doug is an amazing person, and I have nothing but the utmost respect for him and what he does. My stamp of approval is all over this book, and all over Dr. D. himself. Thanks a million, brother!

Cyrus Khambatta, San Francisco, California

I'll never forget the first time I exercised with Dr. Graham. I was half his age, in the prime of my athletic life, fueled by a combination of years of soccer training and an ever-growing dose of athletic hubris. I thought to myself, "I'll show this guy what it really means to work out." It took only fifteen minutes to realize that I had completely underestimated Dr. Graham.

I was so wrong, in fact, that there was nothing I could do that Dr. Graham couldn't. I was flabbergasted that a man as old as my father could jump higher, run faster, balance longer, react quicker, push harder, lift more, breathe slower, and still have more energy at the end of the day. What was accounting for an athletic ability that I had witnessed in only a handful of other athletes in my life? How could he recover faster than me when he was more than fifty years old? What was he fueling his body with that I wasn't?

The truth is, at the age of twenty-two I was diagnosed with Type 1 diabetes, a life-changing condition that not only changed my relationship with food, but was silently crippling my body. Having implemented the recommended Atkins-esque "low-carb" diet, I had reduced my insulin intake by 25%. I thought that I had taken steps to ensure my long-term health. Instead, I was taking steps in the wrong direction, further exacerbating the autoimmune reaction by consuming grossly high levels of animal protein and fat.

I did exactly what the cookbooks instructed me to do: I eliminated breads and pastas, routinely consumed more fish, and increased my consumption of chicken, beef, eggs, and dairy. A few times a week I snacked on fruits and vegetables, but only when the dairy and meat drawers in the fridge were empty. The low-carb approach seemed quite logical; if carbohydrates are responsible for spikes in blood sugar, limiting their intake should regulate blood-sugar levels throughout the day. I bragged to my friends and family about how I had "figured out" diabetes, and how I was able to control my blood sugar better than most.

Despite this, I failed to make the connection between the low-carb diet and my ailing *athletic* health. I rationalized that because I was past my eighteen-year-old athletic prime it was normal to be constantly fighting injury. I settled for the explanation that my physical health was on a course for the worse. After all, I was in constant receipt of a pessimistic outlook from medical professionals.

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I learned of the **80/10/10** philosophy through a fortunate series of events involving a friend in the San Francisco area who had unsuccessfully tried a raw-food diet. Because his diet was high in nuts and avocados, and thus high in fat, he did not gain long-term benefit from his raw-food experience. Having listened to his troubles, I was curious about how to make a raw-food diet work, especially in the context of improving diabetic health.

A few days into learning about **80/10/10** from Dr. Graham himself, I remember thinking to myself, “eating fruits and vegetables—what a novel idea.” Why had it never occurred to me before that the answer to my ailing health could simply be in the food that I *wasn't* consuming? I always knew that fruits and vegetables were good for you, but as far as I knew, athletes were unable to sustain themselves without animal protein. From the first time I was taught the food pyramid in second grade to the depths of the varsity soccer locker room, it was always reinforced that animal protein was a necessity for developing musculature, speed, and athletic endurance. After all, how can you perform without protein?

My first inclination was to reject the **80/10/10** philosophy as a lifestyle that only sedentary people could maintain successfully. Only because I was desperate to find a better solution to overall health, I decided to give Dr. Graham and the **80/10/10** idea a shot. If anything, his lifestyle had instant credibility based solely on his athletic prowess.

At the moment I officially adopted the **80/10/10** regimen, I decided that I would give up meat. I also decided that I would give up grains and dairy. It would be hard, but perhaps there was a benefit in this radical approach to nutrition. I was told by family and friends to “be careful,” that giving up meat could have severe ramifications for my health. People understood my desperation, but few were truly accepting of the low-fat raw-foods approach.

It has been more than two years now, and I can safely say that the benefits of being on the **80/10/10** diet are more numerous than I could have ever imagined. My body has completely changed. My skin is softer, my fingernails look normal for once in my life, I am almost always well hydrated, my gums don't bleed when I brush my teeth, and I sleep more efficiently. For the first time in my life I am able to compete in endurance athletics, supported by an enhanced ability to uptake, transport, and utilize oxygen. On long bicycle rides, my heart rate stays unusually low, which allows me to push harder than I previously could, and for longer periods of time.

Most important, I am able to consume more calories during the day on a fraction of the insulin I was previously taking. The formula I use to monitor my progress is the ratio of the number of grams of carbohydrates to the number of units of insulin. On the Atkins-esque approach I had maximized this ratio at 16 grams of carbohydrates per unit of insulin. By eating **80/10/10**, I am now capable of eating 68 grams of carbohydrates per unit of insulin when I partake in regular periods of endurance training. This means that I am now able to eat larger quantities of food, use less insulin, and free myself physically and psychologically from an insulin pump.

One unexpected benefit of the **80/10/10** diet that I have welcomed with open arms is a seeming inability to get sick. Having transitioned to this form of nutrition at the end of the autumn season, I was unknowingly providing my body with an influx of vitamins, minerals, enzymes, sugars, fiber, coenzymes, phytonutrients, etc. that (in combination with regular exercise and other elements of healthful living) would help build an immune response capable of mounting an arsenal against a collection of the worst maladies in years.

I live in an apartment with three other people, and work in an office building with over one hundred and fifty others. The winter months brought a series of illnesses that absolutely crippled my household, stopping each housemate in their tracks for at least one three-day period each. One of my housemates suffered from three colds and/or bouts of influenza, not only infecting my remaining housemates, but touching bowls, cups, plates and silverware with almost no regard for common hygiene. At work, a number of coworkers suffered from sicknesses that kept them from the office for a number of days at a time. Without exception, almost every colleague produced symptoms at some point between the months of November and March.

During this extended winter season the symptoms I produced were as follows: I coughed on one occasion for about a minute, and sneezed a grand total of four times. That's it. Nothing more. Never once did I feel groggy, run down, suffer from a headache, or feel nauseous. I surprised even myself. And because I am playfully competitive by nature, I challenged my family and friends to a contest in *trying* to get me sick. So far no one has succeeded, and quite frankly I don't believe that anyone will.

Before becoming an **80/10/10** raw foodist, I had heard numerous allegations that eliminating grains could increase mental clarity and create a heightened sense of consciousness. I remained skeptical, wary about the

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change in mental perception that could be brought about by a change in diet. I failed to make the connection between food and *systemic* human health, ignorantly asserting that food has a limited capacity to affect any more than the function of the digestive system. I didn't believe that nutrition possessed the power to change the way I think. I didn't believe that the **80/10/10** diet could change my emotional state. Simply stated, I didn't believe that eating differently could change any part of my consciousness. I was always taught to believe that consciousness was governed by my genetic blueprint, and that it could only be affected by either a drastic change in environmental conditions or an intensely traumatic experience.

Once again, I was proven incorrect. Within the first month of eating **80/10/10**, I began to experience the ability to remember people's names and faces, recall events from several years back, and revisit playful ideas that I thought had escaped forever. Throughout college my friends had labeled me as "the guy who has too much going on to remember anything." I used to invite friends to come and dine with me, forget about the invitation, and be surprised when they showed up only a few hours later. I used to tell people the same stories while they pretended to listen for the first time. A few times I seriously believed that I suffered from a mild form of anterograde amnesia, a condition in which an individual wanders through life unable to form new memories. In the same way that I rationalized an athletic decline, I reasoned that it was normal to experience mental deterioration in life, and that perhaps I was experiencing it earlier in life simply because I was diabetic.

Now, however, I have a significantly improved memory. I can recall people's names after only a single brief meeting. I rarely forget an appointment or a commitment. I am more productive in my job, and can work for longer periods of time in a single stretch. I realize that I now have a memory more closely resembling that which I'm supposed to have at my age—one that works, and one that works well. My days of using diabetes as the generic scapegoat for any mental or physical health symptom are officially over.

Learning the **80/10/10** philosophy has helped me develop a holistic understanding of nutrition that opposes the basic desire to obsess about the intake of a subset of nutrients. Nutrition education in this country makes it almost impossible to know where to look for essential fatty acids, vitamins and minerals, and calcium, to name a few. It is also difficult to know how much of each nutrient one should aim to consume on a daily basis. After all, the recommended daily allowance values change almost every year, and

intake values seem to change constantly, in a seemingly arbitrary fashion. There seems to be little logic to this system.

Many Americans ponder about what the best source of omega-3 fatty acids is, whether it's necessary to consume bran flakes to keep "regular," whether organic produce is really worth the price differential, whether dairy products are the best source of calcium, and whether supplementation is really necessary. One day you read an article in the newspaper that claims one point of view; the next day you read an article in a magazine that contradicts it completely. The information comes from hundreds of sources, most of it is confusing, and almost nobody knows what to believe.

It wasn't until learning the **80/10/10** philosophy that I finally learned how to filter mainstream nutrition information to achieve optimal health. Dr. Graham's coined statement, "Increase the percentage of whole, fresh, ripe, raw, organic fruits and vegetables in your diet" was so simple and so sensible that I felt like a fool for not understanding it previously. In fact, after feeling the difference that whole fresh, ripe, raw, organic fruits and vegetables made in my body, I never stopped to question my nutrient intake. I stopped obsessing about individual nutrients and started focusing on creating holistic health.

The message that I've taken from the **80/10/10** lifestyle is simple: eating a low-fat vegan raw-foods diet makes me feel like a natural human being. Besides feeling like a million dollars every time I awake from deep slumber, I enjoy a feeling of simplicity that was never present in my life on a cooked-food diet. My perception of the world has changed for the better, and I am more at peace with my friends, family, and daily routine.

At first I thought that in order to become a raw-food vegan you had to have a reason, an ailment, or a condition. I thought that you had to be a cancer patient, a diabetic, or someone suffering from chronic fatigue syndrome. After all, why else would anyone want to deprive him- or herself of the good food they grew up loving?

Today, however, I realize that the only reason you need to adopt the **80/10/10** lifestyle is that you want to feel like a natural human being. If you're already athletic, be prepared to experience increased performance and a shockingly efficient ability to recover. If you've lost track of what's important in your life, be prepared to experience the simplicity of all that life has to offer. If you suffer from a clouded mental state, be prepared to experience a new sense of clarity. And if you're like me, and have a

condition like diabetes, be prepared to look to the future with an overwhelming sense of hope, a gift that both the **80/10/10** nutritional philosophy and Dr. Graham have taught me to never give up.

Justin Lelia, Miami, Florida

Dr. Graham is the strongest, most humane and effective health educators I know. His level of happiness and his high-energy diet inspired my turnaround. Before Dr. Graham's program, I weighed 190 pounds, had chronic joint pain, worked in a fast-food restaurant, and experienced dangerous levels of depression. Now, I play tennis and basketball, have ridden my bike over 6,000 miles in three years, have lost close to fifty pounds, and I work at an outdoor organic farmer's market.

Dr. Graham's emphasis on practicing a low-fat dietary regimen is particularly noteworthy. Raw fats may be healthier than their cooked counterparts, but high-fat diets remain unhealthy no matter how we slice, dice, or soak them.

The standard of health Dr. Graham upholds is humbling; indeed, it's incredibly challenging, and for this he remains unpopular with medically minded raw fooders. They overestimate the power of food, and can often be heard giving others prescriptions, treating foods as if they were drugs.

Doug refuses to promote fragmented nutrition, superfoods, supplements, flushes, and other concepts designed to compensate for people's lack of willpower, persistence, and responsibility; he refuses to encourage the medically brainwashed. He has taught me that the best way to help others heal is through friendship and attention, and by inspiring them with outstanding levels of performance.

Dr. Graham is in a league of his own ... another stratosphere. His humanity is alien-like in a world that is often categorized by greed and impatience. The amount of time and energy Doug has graciously and patiently volunteered in order to help me and others climb out of the hole we've dug ourselves into blows my mind. Sometimes I think he's too human for the world.

Janie Gardener, Kauai, Hawaii

I first came into contact with Dr. Graham through his VegSource online discussion board about raw foods and sports nutrition. My visit there was prompted by my decision to eat raw again.

The first time I tried going raw I did it a differently—high fat, low fruit with ferments, condiments, oils, and the like. It worked better than any other diet I'd tried, but my body wanted me to do what Dr. Graham's program is all about, even though I did not know Dr. Graham or his program back then.

Too bad I didn't have the guts to just go with it like he did. I'm glad I found my way back. Thank goodness I came across that discussion board and found out about Dr. Graham's **80/10/10** low-fat raw vegan diet. It has made all the difference in the improvement of my health, well-being, and life. The differences are radically beyond anything I had experienced before, beyond my hopes and expectations, and into a whole new realm of health and vitality.

Autoimmune Disease

Prior to starting back on raw, I could see my health rapidly deteriorating before my eyes. In the summer of 2001, I was diagnosed with antiphospholipid antibody syndrome. This autoimmune condition literally means that you have antibodies that are attacking your own phosphorus fats. Symptoms are mostly related to a tendency of the blood to clot and/or bleed excessively but also include heart attack, stroke, and easily bruised and sunburned skin, as well as miscarriages. The condition is found in lupus patients, but does not always develop into lupus or in all lupus patients.

I had at least four miscarriages and a host of other health problems before it was diagnosed. I spent some time following my MD's suggestions (aspirin), then my chiropractor's suggestions (fish oil), and a mix of alternating between the two, but it was just getting worse—and I had the side effects of the “medicine” to deal with as well. I tried eating more EFA-rich foods like salmon, flaxseed oil, walnuts, etc., but that didn't help either.

When I switched to Dr. Graham's program, I decided to stop all of the fish and fish oil, flaxseed oil, and aspirin I had been taking. I started working on eating the **80/10/10** raw vegan way in June of 2002. At first I misunderstood the 10% (or lower) fat recommendation, thinking it referred to overt fats, not all fats, as I couldn't imagine not eating much overt fat. I had been eating a very high-fat diet all of my life, including when I ate raw/living foods the last time around.

Thus, I started out by keeping my overt fat intake down to not more than 10% of calories (about 20% overall), which isn't quite **80/10/10**. This

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intermediate step allowed me to get things going well enough to experience fantastic results and inspired me to keep on going. About six months into it, I discovered my mistake and adjusted my diet and activity level so that I was able to meet the recommendations soon afterwards. I don't think I could have done **80/10/10** without this transition, even if I had understood it from the beginning.

I had enormous improvements in my first six months, even with my 20%-ish fat intake. The improvements were way beyond those I had experienced eating any other way (including other variants of the raw/living-food diet). I am now doing **80/10/10** fully, have taken no supplements or medications of any kind since the beginning, and I feel great! All of my symptoms have improved and in some cases, disappeared! I am *wonderfully pleased* with the results!

Four Miscarriages

Backing up a bit, in college I became a vegetarian, and eventually a vegan, trying various versions of both. At the age of twenty-three, on a cooked vegan diet, I gave birth to my son and raised him on cooked vegan food. I discovered Natural Hygiene and living foods when he was a toddler and worked toward eating a vegan raw/living-food diet.

When my son was about seven years old, my husband and I decided to birth another child. It took a few years before I became pregnant. Unfortunately, I miscarried. My family and I had been following the living-food diet for about a year and a half. During that time, I was eating for nutrients and even created a custom Microsoft Access database to track my nutrient intake. This enabled me to compare my intake with the requirements for a pregnant woman, and assure myself that I was meeting all of the RDAs.

Some people, including my midwife, blamed my diet, assuming a lack of protein or "something," although my OB/GYN (an MD), upon seeing my diet, did not think it was diet related. Even though my database indicated I was getting plenty of protein, I was unsure, as my husband was concerned about protein overall, and we had a friend who'd failed on raw claiming lack of protein as the culprit. (We now realize it was due to other conditions.)

I also was not listening to my body's desire for a diet like **80/10/10**, as I was surrounded by fruit-fearing, living-food misinformation. I was eating for nutrients rather than health, and I was not feeling as vital as I could have on raw, as a result. Since I had my son while eating a vegan diet (including

cooked), I decided to temporarily go back to cooked vegan (with raw) in order to have another child, and planned to go back to raw afterwards. Too bad I didn't know Dr. Graham then. I could have saved a lot of time and heartache.

Going back to cooked vegan, of course, did not work, and I ended up having another miscarriage a year later. I decided to add in dairy and eggs and had another miscarriage the year after that. In the meantime I saw people who ate all sorts of diets and lived unhealthy lifestyles having children left and right. From my farmer's perspective, I figured that maybe it was similar to the way plants go to seed when stressed, in order to continue their genetics before they die. I thought that perhaps I'd have a baby more easily if I was less healthy, and then I could regain my health afterwards. I was grasping at straws, trying whatever I could to have a baby.

During that third miscarriage I tried adding in poultry and fish and stayed on that diet to try again. I didn't get pregnant for some time and thought, maybe I just couldn't anymore. Years later, at the age of thirty six, I became pregnant again—unexpectedly—and again miscarried.

It wasn't until this fourth confirmed miscarriage that additional blood work led to a diagnosis of antiphospholipid antibody syndrome. I gave up on birthing another child, because I did not want to take the drugs or risks involved, nor subject a child to them, either. In retrospect, it seems clear to me that my high-fat diet caused this condition and/or greatly contributed to it. After following Dr. Graham's raw vegan program, including the reduced fat, which I feel is key, my observable symptoms of the autoimmune condition have either reduced or completely disappeared. And that is amazing.

Since our son is now an adult, we are not sure if we will attempt to birth any more children at this point. But at least I feel like it is a viable option again. Now that I am enjoying the best health and vitality of my life, I am confident that I would have a successful pregnancy and a healthy child, if I were to become pregnant while following the **80/10/10** plan.

Symptoms Gone Since 80/10/10

My condition tended to make my blood clot more readily, which affected my periods (and also caused the miscarriages). I no longer get the clots with my periods, nor the weird hormonal "off" feelings I'd get from ovulation through menstruation.

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I no longer bruise mysteriously and easily with the slightest of bumps or pressure. In fact, it's hard to get a bruise these days, even if I have some pretty major thing happen. Lesser events gave me major hematomas before. I also don't get the "restless leg syndrome" all night anymore, or that pain in the veins and arteries of my legs that felt like a clot was forming (that got worse with aspirin or fish oil taken too late in the day).

I don't know if it's all gone yet, but I definitely know my condition isn't getting worse (as it was when following the instructions of my MD and chiropractor). I do plan to get my blood tested when I can for the numerical proof; however, I don't really think I need it anymore. I am fairly convinced that the condition is gone, or lowered to such a degree that it is not a problem anymore.

Unexpected Gains and Benefits

Dr. Graham's program has improved my life not only in the ways I had hoped for, but also in ways I never imagined were possible. I have eaten 100% raw, low-fat vegan for more than four years so far, and things are still getting better every day. It's amazing—absolutely amazing.

When I first read about Dr. Graham's program, it made total sense to me and had the "ring" of truth. I had some questions about the volume and frequency of food at first, but soon learned (from my body) that my body agreed with even those recommendations. Admittedly, I tend to lean toward Natural Hygiene, and Dr. Graham's recommendations are about the simplest and most efficient way of following Natural Hygiene I've found.

With every other diet change, my results were much more subtle than this. I've eaten variations of the standard American diet (SAD), SAD with no red meat, lacto-ovo vegetarian, lacto-vegetarian, vegan, vegan macrobiotic, vegan Natural Hygiene, and even raw (the living foods way), and others. I felt improvements with each diet change in different ways, but nothing came close to what I've experienced with Dr. Graham's low-fat **80/10/10** diet. It's worlds—no, universes—no, even more than that—different, and better.

I just can't begin to describe the difference. My health has far surpassed the condition it has ever been in for as far back as I can remember. I have experienced improvements in my energy, vitality, abilities, attitude, and appearance that I never even imagined were possible. I don't get so worn out at the end of the day anymore, and I sleep much more restfully. I have a new

level of joy in my life, and I experience daily the plain enjoyment of being alive. I'm feeling less shy and more adventurous socially as well, so I'm more outgoing.

I am back to the clothing sizes I wore once I reached my adult height at the age of thirteen, yet am firmer and stronger than I was then. The stretch marks from the pregnancy of my now eighteen-year-old son have become firmer and less saggy—even when I'm on my hands and knees. I now get regular and varied exercise and plenty of recreation. I have greater strength, power, agility, muscle, and overall physical and mental abilities than ever before.

I recently broke a toe 90 minutes into a terrific Ashtanga yoga practice session, while I was doing a jump-through on a cement floor and didn't quite lift enough (as I'm still a beginner)—oops! I had broken that toe on the other foot before **80/10/10** and had such a rough time with it back then. This time, even though it took a lot more to break the toe, it hardly swelled up, so it didn't really hurt afterward. I am also more in touch with my body, so the toe healed much more quickly and smoothly than before. Last time I had to tape the toes together, wear a special shoe to walk, and keep it up for several weeks, in pain. This time my toe “said” it didn't want taping. It was not painful, though it still wanted to be put up—but not as desperately, and it simply wanted mainly sleep for the first two weeks. I still had to work and walk at the farmer's markets and in our garden, resulting in more time on the foot this time, yet it hurt less and healed faster.

At three weeks, my toe was what I would have considered completely healed before, as I could do everything I did before **80/10/10**. That's less than a third of the time it took the first time. Since I'm more active now than at any other time in my life, it took a few more weeks before I could do everything I was doing again—still less than half the time it took for a less-severe break that occurred before going low-fat raw vegan. My foot feels as good as new now and doesn't give me any trouble in any of my activities, even with the contortions and stresses I put it through in the process. Nice.

Now I Love to Exercise!

The first thing that I noticed when switching from approximately 20% of calories from fat to 10% or less was that I felt better. My body seemed to get down to deeper repair work. My legs suddenly felt lighter and stronger, too, like they could jump really high more easily—and they wanted to, so I did. My husband was simultaneously amused and amazed.

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When I first started eating low-fat raw vegan, I used to have to get my son or husband to carry the watermelons I got at the market. Now, not only do I carry them myself with ease, I can even carry two of them at a time—and they're each twice as big, too!

For the first time in my life I actually truly *want* to exercise. I find myself looking for excuses to move my body, which is very foreign to me indeed. I had always been one to find excuses to sit where I was and not exercise. Never before have I experienced looking forward to my free time in order to exercise! As a result, I'm starting to look more athletic. People now think I'm a dancer or a gymnast.

I feel so physically adventurous now—loads more than I ever was before. I'm no daredevil or anything—I'm not skydiving or bungee jumping—but I have become more athletic, and I'm willing to try new things that require physical activity, purely for the fun of it or just to see if I can. (It's not hard to be more willing than I used to be ... heck, I wasn't *at all* willing before.) I'm no bodybuilder, although my body's been building itself quite nicely. I have been gaining strength, endurance, and muscle weight while eating this way—once I got rid of most of my excess fat, that is.

I discovered new physical abilities, as well. My balance, coordination, and dexterity dramatically improved somehow, even at the beginning, before I had been active much at all. My aerobic exercise had always been limited by my breathing capacity, because I would lose my breath long before my muscles would get enough of a workout to work out my heart.

Now, in retrospect and in comparison, it was like I had been running on dirty fuel when I exercised before. Suddenly, aerobic workouts felt so “clean” and “crisp.” I felt like I could go forever (but my heart wasn't used to it, so I took it gradually). I could breathe really deeply and not have that sick and dirty feeling at the beginning. It was and still is great! Now when I'm exercising, I feel happy and my body feels happy, which makes me happier, which gives me more energy and motivation to keep exercising, which makes me even happier, and so on ... I love it! I've never felt like this before.

Until I was following Dr. Graham's program for a while, I never was able to do full-on push ups, even though I used to bodybuild a bit in college and could do hundreds of bent-knee push-ups in various hand arrangements when doing martial arts in high school. I discovered that I could do a full push-up after eating this way for a time, and I worked on them to see how many I could do. I got up to 23 in a row before I moved onto something else.

I later went back to push-ups, going airborne this time by quickly powering the pushing so that at the top of my full push-up my hands and toes hop off the ground while keeping my full body tight and straight! I got up to 15 in a row before I got sidetracked with pull-ups.

I got a pull-up/chin-up bar for myself and couldn't even pull myself up enough to make a movement at first—as had been the case all my life. My husband showed me how to help myself with a step stool and after a month, I could lift myself halfway up. Exciting! It wasn't much longer before one day I pulled myself all the way up—without the step stool. My chin was all the way above that bar on my own—not just above but *high* above, so the bar was at my chest and my chin was above the door! Not long after that, I became hooked on Ashtanga yoga practice, so I haven't continued with the chin-ups much since. I'm having so much fun!

I went surfing for the first time ever about a year into the **80/10/10** lifestyle. I did pretty darn well, especially for a then thirty-eight-year-old mom who had only ridden a skateboard a few times (for only a few feet each time), a boogie board once, and a surfboard not at all. I stood up and rode the very first wave! I was catching little waves on my own and riding after only about 45 minutes. Cool!

I belonged to a health club for a while about a year into **80/10/10** and was surprised to find myself, a petite 5'2", then 98-pound woman, lifting about the same weight or more than the businessmen there, without effort. I was more surprised to find that some days I could just keep adding more and more weight, seemingly to no end. I would go with small increments, so on those days, I usually ended up getting tired from the number of reps before the weight ever got to be too heavy.

Big guys were always there lifting tons of weight in order to build more muscle and get more “cut”...and then there's little old me lifting relatively minute amounts of weight while my muscles just burst out. I can actually feel my muscles growing during my “off” time, and they don't get sore if I eat fruit afterwards like Dr. Graham suggests. It makes me feel bad for them—if only they would do their exercises properly and follow Dr. Graham's program, they'd get much better results for their time and effort.

These days, I no longer go to the health club, as I've gotten more into bodyweight exercises, Ashtanga yoga, aerial fabric, dance, and other things. I also have free weights at home and at work, if I decide that I want to use them. The machines are fun, but they aren't “calling” me right now.

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This Is Eeeeeasy ...

I have found this way of eating is much, much, much easier, quicker, and more efficient than any other I've tried. Life itself has also become easier overall. Not only do I have greater peace of mind, increased physical abilities, increased energy, and greater health and happiness, but my personal needs are so much simpler and easier to meet than before. I have more time and resources to spend on other things. My life is very full of activities and responsibilities, so this improvement really helps.

I know that there is no way I could have done all that I have done and all that I am doing, if I were still eating any other way. Since beginning Dr. Graham's program, I started homeschooling my gifted and dyslexic son with self-created custom curricula, started two corporations with my husband, organized a local branch of our church, was ordained as one of the clergy, and counseled members of our congregation. I have also started a homeschooling support group, a raw-food support group, and organized regular raw-food potlucks, all with corresponding websites.

I am still doing all of these things now, and I am also writing two books, filming a video/TV series, working on building up my fitness level, doing occasional work for long-standing clients from my old consultancy, and of course, continuing to maintain terrific and loving relationships with both my husband and my son.

Now I find it much easier to go places for the day, or even a few days. I have less stuff to take with me. I no longer need to walk around with a water bottle on a shoulder strap so I always have water. I don't even use it during the day now. I still drink water in the morning and after intense exercise, but I don't find the need for it otherwise. My body regulates its temperature better, so I don't need to take as many clothing options with me when going out, either.

Because of my autoimmune condition, I used to get sunburned almost in minutes, at times even in the shade, whereas now I can stay in the sun without a burn ten times longer than I used to. My skin is not tan yet, but it's not pasty anymore. I don't need to desperately seek out the shade at the beach, or figure out which hat will stay on and give me adequate protection. I can actually take walks on the beach without all the cover-up gear *and* out of the shade. I only use a sun hat if I'm out in the full sun during midday. For the first time, I can go to the farmer's market in the afternoon without a hat and no burn!

My hair is just getting silkier and better looking—without shampoo or conditioner! Wow! My skin, teeth, and nails have never looked or felt better either. Amazing, because while I brush and floss my teeth and bathe daily with water, I haven't used shampoo, conditioner, face soap, body soap, toothpaste, deodorant, makeup, lotion, sunscreen, bug repellent, or anything but water on my body (except dish soap on my hands) for over two and a half years now. Funny—just some scrubbing and water. Who'd have thought?

My skin has never been smoother or more lovely than it is now, and I am virtually free of the acne that I've had ever since puberty. People comment frequently now on how my skin "glows," how healthy I look, and how pretty my hair is, wanting to touch it and do things with it. I haven't had people wanting to do that with my hair since I was a very young child.

Eating this way requires little food preparation. All I have to do is put my fruit for the day in a box, and maybe grab some salad and tomatoes if I don't have enough at work already, and go. No need to slice, spread, arrange, layer, bag, or cook, transfer, clean, etc., as with cooked food. Of course, you can make the **80/10/10RV** food fancy enough for any gourmet undertaking if you want, but you don't have to go through all that every day just to eat.

If I don't have enough with me or get caught out at mealtime, I can go into practically any grocery store and get fruit. No more shakiness, spaciness, and low blood sugar if I have to skip or delay a meal. Instead I feel fine and still perform well mentally and physically until I refuel.

If I know I'm going to have a busy day, I'll throw some fruit and possibly greens or celery in a blender with water in the morning before I leave, to take with me to drink while working. I take a bit of this, watered down, to Ashtanga as my sports drink and often drink the full smoothie afterwards on my drive back to work. I have a blender at work too, in case I decide to exercise or have a smoothie or dressing while there, as I am often at the office for over twelve hours at a time. But in truth, I rarely need or want to use it at work.

I use less trash, and have more compost with which I can grow more food. At the end of the day, I have only a salad bowl, occasionally a smoothie container, and a compost container to wash for the whole day. You can do that with just water, too, if you do it right away.

The day we got rid of our stove was such a wonderful day. It was such a freeing experience, and it made the whole kitchen seem so much cleaner somehow. I have no need for pots, pans, ovens, or other cooking appliances

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and accessories. In fact, I could get away without any food-preparation utensils or dishes at all if I wanted to. I don't need spices, herbs, medications, vitamins, minerals, or other supplements, either. It's just so much simpler and more natural—less expensive too.

Finally, I'm at Peace

Prior to going raw, I had been close to a nervous breakdown as a result of living in a high state of stress for several years. I knew I needed to de-stress, but I couldn't see how, without conditions changing in my life. I couldn't exercise or do other stress-relieving activities, because I would just feel like I was getting further behind on things, which would stress me out even more (counterproductive to say the least).

Now I am far less prone to stress and emotional baggage issues. My emotions are more even and at a higher level than before. I still attend to things, but I don't feel stressed about them. I feel too good to bother, actually. It is not my life that changed, it's me. I simply am not as stressed about things anymore. In fact, I have had even more stressful things happen in my life than before, yet I have felt less stressed during these times.

It's kind of hard to describe ... I guess the best way is to say that I'm at peace, more so than ever before—at peace with who I am, who everyone else is, and with what is going on in my life and around me. From my experience, good health truly is happiness and peace of mind. I just plain feel good, and it's hard to get too down when you feel so darned good all the time, you know? My body tells me it wants to play, and I follow!

Learning to Eat Enough Food

Once I started on Dr. Graham's program, I started really liking my food again. It is yummy, and I look forward to it. I don't put off my meals until I get ravenous anymore. I used to be so disinterested in and uninspired by my food that I'd wait until I was so hungry I would just grab whatever was closest and quickest—which was almost never a healthy food choice. My body just wasn't interested in the food I was giving it. Now that I'm providing healthy food for my body, it loves my food, and so do I.

I find it fairly easy to get enough calories now, but it took a while to get to the level of eating this much. When I started out, I wasn't eating enough calories, although I felt fine. I think my body just didn't want that much food back then, because it wanted to clear out old stuff. I figured out

that I was only eating as many calories as would support an 80-pound person, but I also realized I had some fat to live off of to help my transition.

Over time, it did work out. Initially, I only lost weight because I had excess fat. Eventually I lost most of the fat, gained some new muscle (and weight along with it), and gradually started eating more calories naturally as my body adjusted to things. Currently, I probably eat more calories than some would think I should and many think I could. It works out anyway, as I am getting stronger, gaining weight while keeping a healthy body-fat level, and I am feeling quite well.

Don't Live a Little ... Live a Lot!

If you're looking to save time and effort in finding what works, look no further. Dr. Graham's method works. I used to "live a little" from passing pleasures like non-optimum food, sacrificing my health and well-being in the process. Now I "live a lot." I don't feel badly about my food choices or feel like I'm giving up anything. I'm choosing better health and more lasting pleasure, and I am all the more happy as a result. I feel so much better and see so many results that I am inspired to keep going and don't want to go back to cooked food or even high-fat raw. The fleeting satisfaction just isn't worth the risk of losing all that I've gained.

This raw stuff is amazing. Not raw *any* way—but this low-fat vegan way—that's what's making the difference! The more I follow all of Dr. Graham's recommendations (which incorporate other lifestyle factors besides diet: exercise, rest, pure water, pure air, sunshine, sleep, recreation, etc.), the easier it is to stay on the **80/10/10** raw vegan diet, and the better I feel. In fact, eating this way has enabled me to joyfully and naturally make improvements in many other areas of my life, which I was unable to do before, no matter how hard I tried.

To sum it all up, I just feel so *alive!* I want to tell the world! It's so simple, and it works so well! I feel like my body is celebrating life on a cellular level—it is happy to be alive and wants to move to celebrate. I gladly oblige. Happy happy, joy joy, happy happy, joy!

Reading my praise of Dr. Graham and his program, you may not realize that I am actually exceedingly cautious and conservative about recommending any products or services, as I take this responsibility seriously. That said, I highly recommend that you read and reread this book as many times as necessary, until you are able to try this program and

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discover for yourself just how life-enhancing it is. Give it a good chance though, and follow everything as much as possible. Like any generic guideline, the program described in this book may need adjusting for your individual situation. The general method has worked wonders for me. I wholeheartedly recommend a private consultation with Dr. Graham to clarify or address special health issues, if you need to. You won't be sorry.

*Janie has a website, www.ringlet.org, which documents her first six months of following Dr. Graham's program and includes a photo history of her as well. She is currently writing two **80/10/10** raw vegan-related books: *Ready for Raw*, due out in Summer 2005, and *A Fruit Lover's Guide to Edible Fruit*, to be released later. She also stars in a video/TV series on similar subjects due to be released in late 2005 or early 2006.*

Richard ("Ribs") Friedland, Malibu, California

I became a vegetarian in 1967, because I heard it would heighten my consciousness. It all made sense to me right away, especially when I realized that the way I had been eating was contributing to the death of innocent animals, and that I could eat in a way that might be healthier, raise my awareness, and not harm other creatures that lived on the earth.

I went through a lot of changes during the first four years on a vegetarian diet. I ate a lot of junk food in the beginning, as long as it wasn't meat, fish, or eggs, and that made it easy for me to stick with the diet. Then I started to switch from regular commercial sweets to organic health-food sweets and organic goat's milk ice cream. I tried macrobiotics in those years, which was interesting but very hard for me to stay on.

Against the advice of three doctors who said they would put their reputation on the line that I couldn't survive for more than 18 months, I became a fruitarian in 1971 for a lot of the same reasons that I became a vegetarian. I ate only raw fruit, which didn't include nuts or seeds or dried, frozen, or dehydrated fruit. I followed this diet very strictly for eight years.

I didn't know anything about the fat content of the avocados and olives I picked and ate raw from the trees. (Yes, I did actually like the taste of one particular type of olive. If I allowed the smooth green ones to ripen on the tree until they were black and shriveled, I enjoyed their taste and ate quite a few at a time). I also had never heard of food combining, so I generally mixed anything that was available on a given day. For example, I

might eat avocados, dates, tomatoes, and citrus within a few hours of each other, although I didn't do that often.

I read a few books about fruitarianism, like Arnold Ehret's *Mucusless-Diet Healing System*, and then I waited to see if I would have experiences like they described in the book: almost unlimited energy, and incredible strength and endurance. I did not get the results I was hoping for after eight years. I still had sinus problems, along with gas and mucus.

For the next couple years, I ate raw foods, with mostly fruit. I went to see a lot of alternative doctors, including ayurvedic practitioners and others in the next few years. I had a lot of tests and a lot of dental work done. A number of these alternative and ayurvedic doctors suggested very strongly that animal products would be beneficial for me, as well as spicier foods, because I was too yin or cold, and I needed yang, heating foods.

I did try chicken, fish, and eggs, with cayenne pepper and very little fruit, for about six months in the winter of 1985. I didn't feel much worse when I ate those foods, but I really didn't like the idea of consuming innocent animals, and I didn't feel stronger and healthier like all the doctors said I would. So I started eating sweet fruits again.

In 1992 I met a Natural Hygienist who explained to me about food combining. I bought Dr. Shelton's book and started eating raw fruits and vegetables at certain times in certain combinations, as described in his book.

I did this for about eight years until one night after eating some cherimoyas and sapotes I woke up after about two hours of sleep and couldn't fall back to sleep. I was very uncomfortable the whole night, trying to relax, massaging myself, and attempting to stretch. Finally, I did an enema at around 4 AM and felt a little better. I couldn't figure out what had caused this, and I thought it might be a fluke. Well, the same thing happened the next night. That was much more difficult, because I only got an hour of sleep both nights, and I was exhausted. It was hard to think and figure out what to do next.

I was eating all raw fruits and vegetables in combination, which included daily nuts, seeds, and avocados, and I was eating a late last meal of sweet fruit around 10 PM, which was pretty close to when I went to sleep. The main reason I ate that late was that I found it impossible to sleep if I didn't. So I figured I would eat some raw sweet fruit, which was my favorite food. I didn't sleep for four nights straight, and on the fourth night I started to panic. I called the paramedics and told them I might be having a heart attack. I couldn't tell what was going on. They took me to St. John's

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hospital, where I was tested for hours. Doctors there finally told me that my heart and cholesterol were perfect. The only problem they could find in all their extensive testing was that I had a B₁₂ deficiency.

I left St. John's in the morning and went to the Westside Alternative Center, which did a lot more very expensive testing. The tests cost me as much as the hospital bills from St. John's, which came to a few thousand dollars. After about a week, I received the results from the tests from the alternative clinic, and they said I had a B₁₂/folic acid deficiency. I took B₁₂ injections in my butt for a few days, and then they put me on folic acid supplements.

I started asking everyone I knew for help and information, because I still didn't know what had caused my inability to sleep. I also wasn't sure what I should be eating, because I had been eating the same way for 20 years straight. I knew a 30-year raw-food chiropractor who told me not to eat any sweet fruits and to get my B₁₂ from Standard Process Labs. I felt a lot better for a while. That chiropractor died in a bicycle accident, and I went back to eating sweet fruit.

I tried different cleanses, including the Arise and Shine one-month cleanse, which I followed to the letter. I got really weak during the final week of the cleanse, where you don't eat any food. I called the company to ask about it, and they thought it was some type of parasite like candida. I went to a doctor, who said that I could send a stool sample to the Great Smokies laboratory if I wanted to know for sure whether I had candida. The test results showed that I had two strains of candida at the highest level. All my symptoms made sense to the doctor, because she had recovered from candida and had written a book about it.

They say with candida that fruit feeds it, and I ate a lot of fruit. I went on a long, expensive candida cleanse for six months and felt pretty lousy the whole time. I ate nothing sweet for six months, not even carrots or lemons, and I had to rotate my foods every four days. I took a lot of supplements, including Super Garlic, Primal Defense, some expensive flora from England, and many others.

I had a really difficult time during those six months. I found it hard to get any work done, because all my symptoms had gotten more extreme. I was so uncomfortable. I stayed with it for the full six months and then took another stool test, which showed that I still had candida albicans at the

highest level. The doctor suggested taking prescription drugs, and I started back on a diet with sweet fruits.

I tried numerous other diets, supplements, and cleanses during the next few years, until I heard Doug Graham and Rozi Gruben speak at an event called Raw Passion. Rozi talked about what happens to the blood when we eat certain foods. Doug said that it isn't the sugar in fruits, but rather the fat that people with candida consume that inhibits the body's ability to get the sugar out of the blood.

I didn't know whether what they were saying was absolutely what was happening with me, but I knew I liked both of them immediately. They seemed to have a lot of conviction about what they were saying, and they definitely had done extensive research and discovered a lot of information.

I started to reflect on my situation. No one, out of the many, many doctors I had consulted with over the years had helped me make any health improvements. I thought I was on the best diet I could think of, but I wasn't feeling well. These two people looked very healthy. It seemed obvious they had extensive knowledge about health and had already worked with people in a similar situation to mine, with improvements. If I didn't like the way it was working, I could always go back to the way I was eating now. I didn't have anything to lose by cutting out fats except my illness. There wasn't really much of a decision left to make.

I started eliminating fat from my diet that very day, and I began experiencing some very heavy elimination. I didn't eat any overt fats for six months, because I didn't know about **80/10/10**, and I thought the idea was to eat as little fat as possible, so I did. This meant no avocado, olives, or durian, and of course no nuts or seeds.

Also, I didn't know about Doug's VegSource board, so I went back to eating a raw diet with fat in it. The elimination slowed way down. I ate that way for the next six months, even though I felt terrible again, until I saw Doug speak at the Living Light House in Santa Monica. I got to ask him some questions, which he was very willing to answer, and I cut the fat again. Except this time I ate an **811** diet, which meant that I ate a little fat once in a while.

I had so many wonderful improvements, but I still didn't have the full health picture. So I saved up a little cash and had a private consultation with Dr. Graham. During the consultation, we sat down face to face within two feet of each other. This was really helpful to me, because I got a sense of

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what he was all about. I found a genuine, caring individual who was absolutely interested in improving my health. It was hard to imagine what he would come up with to help me, because I was following the diet to a T. At the time, I thought that was what it was all about.

What I didn't realize, is that diet is only one part of a healthy lifestyle, and that you're only as strong as your weakest link. Those were only words to me at the time, but after he found an aspect of my life that needed some work and I worked on it, my health improved dramatically. That means I felt better. What greater gift could anyone give to me? I felt more energy, and I enjoyed living more. That's the best gift you can get!

One of the topics we covered in the consultation was Doug's sports camp, called Health and Fitness Week. He thought it was important for me to attend, and he asked me what he could do to make it possible. I didn't see how I could ever work it out at the time, because I had just spent all my extra money on this consultation, and I had so little time. But I took a risk, because it seemed like I needed so much to happen. I told him all the conditions it would take to make it possible for me to come, and he helped me work it all out! I was just amazed by the honesty, sincerity, knowledge, and dedication of this person standing right in front of me, along with his sincere desire to help me with my personal health issues.

I attended the sports camp, and it was the best thing I could have done. It was so helpful and beneficial that I ended up signing up for the following year's sports camp before I left. This was the jump-start I needed to get headed down the road to true health. If you can figure out any way to make the next camp, I recommend that you do it, whatever it takes!

I've been on the **80/10/10** diet for a year now and have had the most remarkable success with it! I just want to share this with people. When you start to feel really good after not feeling so good for a long time, you want to let other people know that they can feel better, too.

People sometimes ask me what I typically eat in a day, so I will share it with you. I usually eat three meals a day, once in a while only two. I normally eat my breakfast at around 10 a.m. Yesterday (April 2005), I ate 12 ounces of blueberries, 8 ounces of raspberries, 8 ounces of boysenberries, and about 4 green baskets of strawberries. I ate lunch at 2:30 p.m., which consisted of 6 cherimoyas and 4 sapotes. I ate supper at 7:30 p.m.—about 8 pickling cucumbers, 1½ heads of red butter lettuce, about 5 lbs. of tomatoes, and a couple of celery stalks.

Today as I write, it's 10:30 a.m. After I do my last set of 100 stomach crunches and maybe some push-ups, I will eat breakfast, which will be 12 ounces of blueberries and about 4 or 5 baskets of strawberries. If I'm still hungry, I'll eat a papaya. For lunch I will eat at least 4 or 5 more cherimoyas, because I already felt them and they are perfectly ripe! I'll also eat some sapotes and 2 or 3 mangos. I'll probably have a similar supper, but I might have some avocado if it ripens up or some sugar snap peas, depending on how I feel at supertime and what exercise I've done today.

The first benefit I noticed from **80/10/10** was that I didn't feel spacey or bloated when I ate sweet fruit. That was a great relief to me, because I loved to eat sweet fruits, but getting bloated and spacey made it very difficult to work, exercise, or focus on projects. The next amazing benefit I experienced was that I started to be able to exercise without all the pain and discomfort that had made it next to impossible for me to exercise more than one day a week. The pain has improved to the point now that I can exercise every day, which is wonderful, because I get a lot of very good benefits from exercising. The third improvement was that I didn't need to eat late at night in order to fall asleep. This helped me not to wake up as groggy and out of it in the morning. Now I can get going earlier and start doing things I need to do, like work or exercise or take care of the kids. I've had other side benefits, like my body getting more toned and looking better. Also, being stronger overall is nice, too.

It's hard to explain how much better my life is now as compared to the way it was before I was following **811**. It's like I'm a new person who is not horribly sick with candida and whatever other problems I might have had. Not only has my life improved tremendously, but I continue to get better daily. This is fantastic beyond anything I could have imagined the day I first heard Doug and Rozi speak about food during the Raw Passion event.

Not only have these two people dedicated their lives to sharing health with as many people as possible, but they have also identified some of the most important keys to achieving and maintaining ideal health.

If anyone is interested in health, they should start following the **811** way of life. I can't imagine anything that a person could possibly do that would be anywhere near as important—or as helpful. **811** is a healthy way to live life, and there's so much more to it than just diet. Food is only one part of the whole picture of health.

One of the things that really impressed me about the **811** lifestyle is that emotional stability is considered just as important as diet or any other factor of healthful living. Emotional work has been the main focus of my life for the last 35 years. When I heard Rozi explain that we need to feel all our feelings no matter what they are, I realized that she understood feelings in the same way I did, and I consider feelings to be what I know most about in the world.

So there you have it: Doug and Rozi have developed a system of living that incorporates all of the important factors to achieve optimal health for human beings on this planet. I plan on following this lifestyle and learning more and more about myself and about health every day. I wish everyone who reads my story the best of luck on their path to better health.

Laurie Masters, San Jose, California

During my first five or so years of eating raw, I blew through at least one 32-ounce bottle of flax oil each month. I ate an avocado most every day and night, and I ate plenty of prepared nut and seed dishes. For about a year, I brought an almond/raisin torte (with my special lemon-date-spearmint frosting) to every raw potluck.

Like my raw friends, I was eating a ton of fat and didn't know it. I thought I was eating a fantastically healthful diet. I had things like raw granola, oat groats blended with soaked almonds, or bananas and almond butter for breakfast. These probably averaged 250 fat calories. Lunch was usually a salad with one avocado (and that addictive lemon/oil/Bragg/garlic dressing). Between my lunch and dinner salads, I would down ¼ cup of flax oil each and every day ... that's 480 calories of pure fat right there! I often ate a second avocado at dinner, the two of them probably totaling about 450 fat calories. The nut/seed concoctions I made for dinner (mock tuna, salmon nori, etc.), contributed another 400 calories of fat. That's 1,580 calories of overt fat in my day. My total calories probably ran about 2,000 per day—which meant that I was eating about 79% fat! WOW!!

My “healthy” eating was somewhat legendary within my own little world. Goodness! The salads I would concoct in the lunchroom at my Silicon Valley offices ... It was the company joke. On the way out to local restaurants for lunch each day, the analysts I worked with would take a field trip past the lunchroom to see what “shrubbery” Laurie was eating today! They called my salad bowl “the trough.” At 88 pounds and five feet tall

(I've been that size since I was 14; it has nothing to do with raw food), I could pound down a lot of salad. Or at least it looked that way to mainstream eaters.

I spent an ungodly amount of time in the kitchen each day, even buying a second food processor, blender, and juicer to keep in my office so that I could now also whip up mock tuna and other such concoctions for lunch if I wanted ... which did nothing for my caloronutrient ratio, let me tell you!

I enjoyed my food (who wouldn't, with all that fat and salt), and I enjoyed the attention I received ("Where is a tiny person like you putting all that FOOD!?!"). But I had one problem: my longstanding fatigue and lifelong recurring bronchial infections were NOT getting any better than they were when I ate cooked food. It was maddening!

As a child, I recall having a cold at least once every two months. Without fail, I'd get swollen glands a day or two before the full-on bronchial affront would begin. Next, I'd get a croupy cough, a sore throat, and sometimes earaches. I'd always hope that the cold would stay in my head this time, but darned if it didn't "go down to my lungs" every single time. These "colds" never lasted less than 8 or 10 days.

I lived on antibiotics. Mom would have us stop them early when our symptoms went away, so we could "save" some antibiotics. That way, we would have some on hand and wouldn't have to wait for a doctor's appointment the next time. At the slightest indication of swollen glands, I'd pop the pills ... "to nip it in the bud," you know? We were smart consumers!

It's a wonder I got through school at all. I was often absent a full week of school in a month. I'd do my schoolwork from home, my bedroom desk stocked with antibiotics, throat lozenges, vitamin C, and expectorant cough syrup. I spent a good portion of each winter "under the vaporizer," as we called it. The bedroom walls and windows would be wet with condensation from the mentholated vaporizer steam mom used to try to keep me breathing.

Somehow, though, I managed never to manifest a diagnosable disease ... mainly just those incessant chest colds. They continued unabated through my young adult life. Chronically underslept and overstressed, I worked ridiculously long hours at my college studies and at my jobs, living on adrenaline and working right through my ongoing illnesses. I'd come to work with no voice. I'd take work home and work from bed. I'm quite sure I exhausted my body to a devastating degree.

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By 1990, newly married and still working crazy hours as operations manager at a small electronics company, I was diagnosed with Epstein-Barr virus. Regularly sick, and dragging myself to work each day, I continued the downward spiral of ignoring my body and pushing through the colds, flus, episodes of strep throat and bronchitis, and occasional cases of pneumonia. I remember nearly falling asleep on the road driving home from work just about every day that summer. Sometimes I'd pull over and nap for awhile, but mostly I'd talk or sing or scream out loud, slap my own face, and blast the music while I drove, trying to push my exhausted body another 20 minutes until I could get home.

In the eighties I worked for a wealthy stockbroker who took us on incentive bonus trips to places like New Orleans, where we would eat at five-star restaurants night after night. I learned to love rich, gourmet foods and ate more than my share of prime rib and creamy risotto. After nine years of working for this broker and her husband, I could no longer afford my own taste in food.

Always interested in what I believed to be health and nutrition, however, I tended more toward grilled vegetables and fish, rarely if ever eating fast food. I pored over magazines for "healthy" recipes. At home I would broil oil-coated vegetables and pour them over corkscrew pasta topped with pine nuts and herbs, sure that I was eating a supremely healthful meal.

Then at age 34 (1997), I learned about raw foods from Pam Masters, a light-filled soul who taught hundreds of people in the San Francisco Bay Area to eat raw food and heal their bodies as she had done herself. Pam shared with us dozens of hand-written recipes that she had learned to make at Hippocrates Health Institute years before. Wow! This rich, salty, fatty "health food" was right up my alley! I *loved* what I was learning, and my taste buds loved it even more.

Yet it never added up: I ate all this healthy food but still had endless severe head colds. Instead of getting better, it seemed as if my colds were coming more frequently and were increasingly more virulent. They never lasted less than three weeks, usually dragging on a month or more at a time. I would lose my voice completely, every time. I would cough violently. I would still work right through it all. In the late 1990s, it seemed I spent more of the year with a cold than I spent feeling good.

Finally one day in total desperation, I phoned Doug Graham in Florida. I still have the audiotape of that phone conversation. We were friends by then, so he knew of my history of chest colds ... but I had never asked him for help, so he hadn't laid it on the line to me. Now I was asking, and I was in tears. First, he asked me to list for him what I ate on an average day. He listened patiently, then he told me what he tells nearly every raw fooder who consults with him: "Laurie, you're eating *way* too much fat and not *nearly* enough fruit."

Never having had a weight problem, I had no concept of how many calories or how much fat was in the foods I ate. I didn't believe that my diet could be as full of fat as he claimed, but I started investigating. Over the past half-dozen years, I have delved deeply into caloronutrient calculations, verifying for myself the tremendous amounts of fat that raw fooders are eating. I learned that nuts and seeds average about 75% fat. (Who was the rocket scientist who told us these were *protein* foods?) This kind of information gave me motivation to make some *serious* changes!

Now, I have learned to eat pretty darned close to an **80/10/10** diet. A lot of people fall over when they hear the quantity of fruit I eat each day. Together with my partner, Tim Trader, I buy bananas by the case—we go through about 250 a week. We frequent farmer's markets, and our kitchen counter is a beautiful cornucopia of dozens and dozens of colorful fresh fruits at all times. I start every day with a 12-banana smoothie to which I add about a pound of one or two other types of fruit: pears, strawberries, mangos, stone fruits ... whatever catches my eye. (Yes, all that plus a couple cups of distilled water *does* fit into one Vita-Mix jar; it makes nearly three quarts.) Or I'll eat a banana/celery smoothie, sometimes adding parsley or kale or other greens to it. Most days I continue eating fruit in the afternoon (grapes, mangos, watermelon, nectarines, etc.) and eat a salad for dinner. I definitely want to incorporate more whole foods and fewer smoothies ... but for now this is what works for me.

My fat consumption has dwindled dramatically. These days when I eat at home, I eat about three avocados a week and virtually no nuts or seeds. I am just not attracted to heavy foods anymore. My salad dressing is often a Mexican salsa, or sometimes just fresh-squeezed orange juice or blended fruit. About once a month I blend fruit and nuts for dressing (six strawberries, one orange, and eight mac nuts, for example, or 2 oranges and 2 tablespoons of tahini). Occasionally, I still have a salad with ½ tablespoon of olive oil, but a small bottle of oil these days would last me years.

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Here is a list of what I actually ate one day in July of 2004:

- 9 bananas (900 grams/32 ounces)
- 1 apple (200 grams/7 ounces)
- 4 khadrawy dates
- 2 navel oranges (200 grams/7 ounces)
- 16 strawberries (250 grams/9 ounces)
- 1 nectarine (120 grams/4.2 ounces)
- 3 figs (100 grams/3.5 ounces)
- 10 cherries (60 grams/2 ounces)
- 3 small tomatoes (250 grams, 8.5 ounces)
- ½ large head of lettuce (225 grams/9 ounces)
- a little cabbage (100 grams/3.5 ounces)
- a few sugar snap peas (25 grams/1 ounce)
- ½ ear of white corn (35 grams/1.25 ounces)
- lemon juice
- ½ tablespoon olive oil

The verdict? 1,740 calories, 87% carbs, 6% protein, 7% fat. Not bad!

At potlucks and other events (maybe 6 times per year), I still usually eat at least a small portion of those gut-bomb combinations I used to consume daily. I still enjoy the taste of the high-fat dishes, but they're almost always far too heavy and salty for me anymore—which is no small statement, as salt for me has been a lifetime addiction!

Life is getting better and better. Slowly but surely I am learning to move this body. For decades, I used to think to myself with resignation that I would never feel good enough to exercise in this lifetime. I do have a lifetime of adrenal exhaustion to undo ... so it's not happening as quickly as I'd like. But the fact that I get motivated to move at all is an unforeseen miracle.

I get lots and lots of sunshine. My skin never used to tan, but now it's brown all summer long. I know that the sun is nature's disinfectant and that the sun nourishes me. The toxins that cause skin cancer live inside of acidic bodies filled with fat, and the sun merely draws the poisons to the surface, like a poultice ... but research shows that the sun does not cause cancer in people who eat a low-fat diet. Don't let anyone tell you that it does.

My colds are coming far less often now. In fact, the last one was two years ago. This may not sound like a big thing, but for me it's a miracle—and a direct result of my low-fat diet. Naturally, I always thought of myself

as “perfectly healthy, except for these colds.” But the truth is, I spent a great deal of my life in misery, and I missed out on lots of life.

One more thing: since I’ve been raw, I keep nothing medicinal or supplemental in my house, period. Except for a couple of daily vitamins I took as a kid, a bottle or two of Shaklee vitamins in my twenties, and the enzyme tablets I bought in my first year of eating raw foods, I pretty much haven’t touched herbs, algae, minerals, powdered greens, or other such refined, dehydrated, encapsulated nonfood items of any kind. Thankfully, that’s one part of the high-fat raw regimen I managed to steer clear of!

If I hadn’t learned about the low-fat raw vegan diet, I’m sure that my forties would have been a downward spiral of evermore frequent, ever-worsening chronic illness. Instead, I have a new life to look forward to. For me, whole-food **80/10/10** is the way to eat as Nature intended ... it’s far easier, lighter, and healthier than all those fatty, salty, dehydrated, taste bud-pleasing “transitional” foods I began this journey with.

I am deeply grateful to Doug (and Rozi Gruben and Tim Trader) for helping me learn how to eat high-fruit raw! *Finally*, after a lifetime of increasingly debilitating chest colds that lasted a minimum of three weeks at a time and came three to six times a year, I am feeling better all the time...and even *exercising! Yes!!* All is, most certainly, well!

Lisa Osborne, Toronto, Ontario, Canada

As a child, I spent numerous days in the hospital and often missed school due to asthma and allergies, among other maladies. In an average year, I would miss 70 days of school. At age 12, a severe asthma attack put me in the hospital for more than a week, where I had to be in an oxygen tent. Even so, I turned blue many times.

After leaving the hospital, I instinctively began changing my eating habits and I became a vegetarian. In my childhood years, cheese, eggs, and fish were the only “meats” I ate. This change in diet helped, and my health began to improve. I believed I was doing the best I could for my health.

At age 24, I was in a major car accident. With no feeling in my body from the neck down, I was told by my doctor that I would be in a wheelchair, probably for the rest of my life. After he left the room, something amazing happened: an electrical current came from within, starting in my head and working its way down to my toes. I immediately sat up and walked out of the hospital. This was the turning point in my life. I

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knew that my body was capable of amazing things, although I did not know how or why. With new respect, I began to listen to my body's messages.

Wanting to learn more about my body's functions, and sensing that I needed to trust more fully in its capabilities, I began reading widely in the area of natural health. My curiosity only grew the more I learned. I have since taken many classes/courses in Natural Hygiene, including those offered by Dr. Doug Graham and Dr. Robert Sniadach.

More than four years ago, after attempting to resolve some of my lingering health problems, I went to a naturopath, who informed me that I had very weak kidneys and was a Type 2 diabetic. I could not understand. I had changed my diet, I had been vegan for over 12 years at this time, and tried to live a simple life ... what more could I do? I did notice that I did not have a lot of energy, and although I slept nine to ten hours a night, I still woke up tired. I decided I needed to take action.

On December 1, 2000, I began a 30-day juice diet. It was not nearly as difficult as I thought it would be. Upon completion of the 30 days, my kidneys had rebuilt themselves and the signs of diabetes were gone, as well as 30 pounds. That was an added bonus. Then I was faced with the question of what to do next. During my studies, I had read a lot of books by Dr. Shelton, and I asked myself if the raw diet was for me. The response was a resounding "YES!"

I tried the raw diet, beginning very simply. Not yet understanding the variety of ways that people eat raw, I ate a very low-fruit diet for more than 12 months, with a lot of greens and nuts & seeds. After about six months, the initial energy I received from this new diet started to dwindle, and I was feeling very weak. I promised myself I would do this for 12 months, so I continued, and unfortunately, my health did not improve at all. Everyone I saw asked me what was wrong with me. I looked very thin and my skin tone was grey. I had become a skinny fat person. I had dropped down to 116 lbs., but what I did not know was that my body fat was over 35%. My muscle tone was terrible, and I did not have the energy to exercise. My asthma was getting worse, so even if I wanted to exercise I could not.

One day, my husband was searching the Internet and discovered Dr. Doug Graham's website. I signed up to attend Healthful Living International's first symposium in 2002. I tried to do Dr. D.'s diet based on what was on the Web, immediately increasing my fruit consumption and dropping the

quantity of nuts and seeds in my diet. Although my energy started to pick up, my asthma symptoms were still there.

I did not realize how much in my life would change after attending the symposium. I spoke one-on-one with Dr. D. and received a lot of fantastic advice. I immediately started putting his advice into play and saw changes very quickly. Now my energy really started picking up. I got more productive sleep at night, and my skin tone started to improve.

It took until June of the following year for my asthma symptoms to be reduced to the point that I no longer needed my meds, which I had been on for over 30 years. I finally had the energy to begin exercising, and my lungs were now able to handle the extra load.

I began going to a gym and started bodybuilding. Still holding over 30% body fat, I could not believe the strength I had ... it was incredible! Needless to say, my progress was huge in a very short period of time. I put on 35 lbs. of muscle in less than one year and reduced my body fat by more than 10%.

When I started on the **80/10/10** diet 12 months ago, my recovery time was approximately 2 weeks per body part. The weight that I am lifting now has increased substantially, a minimum of 300% on any body part. My recovery time is now approximately three to five days per body part without overtraining.

My plans now are to enter either a bodybuilding contest or a strongwoman competition. I want to have one more year of training before entering to improve my strength and muscle density. This is somewhat amazing, coming from a person who, until I met Dr. D., was not able to do *any* exercise because of my illnesses and weaknesses.

My exercise regimen now consists of weight training, martial arts, kickboxing, yoga, jogging with my dogs, and running at dog agility classes. Without Dr. D., I would never have been able to do any form of exercise, let alone progressed to the level of amateur competition. Thank you, Dr. D.

Ireland Lawrence, Mission Viejo, California

At 22 years of age, I was up to 300 pounds and had to work hard to maintain that weight, speed walking six to nine miles a day and eating no more than 1,500 calories a day. I also had my hair falling out in clumps, no menstruation, acne, and lethargy. In addition, I had autism, hyperdyslexia, and attention deficit disorder. I had to rehearse my speech for hours to make a simple phone call and spontaneous speech was not something I could do. I

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had difficulty in school and stressed out over writing, often spending several hours on writing just one single paragraph.

For my weight and hair loss, I went to doctors who told me to lose weight by exercising and going on a diet. I cut my calories down to 500 calories a day for a few months and lost a half pound a week. But I found it an impractical lifestyle, as I felt depressed and even more lethargic. I was desperate for a useful solution.

I started by going to the health-food store and reading every book they carried on diet. I found a short book on raw foods. It made sense to me, and the next day I began the diet. I had been a vegetarian for about six years prior, but raw foods was much easier. At the time, I understood raw foods to be fruits and vegetables and greens that were not cooked. I went to the market and bought all the different fruits, celery, and coconuts. I put them all in a bin in the refrigerator and ate whenever I was hungry.

I lost five pounds the first day and twenty pounds the first month. I found that counting calories and undereating no longer worked; for the more I ate raw foods, the louder my body screamed when I was going against it. Also, I could feel my body becoming worn out and exhausted. I stopped exercising and rested, taking sunbaths and slow walks during the day and attending class for five hours at night. I did this for about six months, at the end of which I lost about 80 pounds, had regular periods, and no more acne. Then I transferred to a new university and led a stressful lifestyle studying until late at night, living in a building full of mold and lead paint, and drinking lots of orange juice, which I later learned was pasteurized.

The health improvements I noticed dwindled and I went to a doctor. I was diagnosed with hypothyroidism, hypoglycemia, insulin resistance, and polycystic ovarian syndrome, which included cysts all over my ovaries and no ovulation. These were all conditions I had prior to the raw-foods diet, but they had been undiagnosed. The doctor recommended a low-carbohydrate diet. I decided to try a vegetarian version of it and did not feel much better. I stayed on this for two years. I often thought about how great I felt on raw foods when I first tried it and wondered why that process stopped.

Eventually, more raw food books came out, and I realized that the “fresh-squeezed” orange juice I had been drinking was pasteurized and may have adversely impacted my health, along with the stress I was under. I decided to try raw foods again. The first several months I ate raw foods as

before—fruits, vegetables, and greens. I noticed even more health improvements: I menstruated regularly, after three months the cysts on my ovaries were gone, I began to ovulate, I had no clinical evidence of insulin resistance, and after a year, my thyroid was healthy and I lost five pounds a month, getting down to 150 pounds. Reading and writing were no longer difficult, and I could speak without rehearsing.

After I had spent about six months back into raw foods, the diet started to pick up in popularity in my area. There was a family that came to town and gave a talk and dinner on raw foods. They included nuts and seeds (which I previously did not include as raw foods) and gave recipes for foods like raw veggie burgers, raw un-chocolate cake, and raw ice cream made with spices, salt, honey, flavoring extracts, frozen fruits, and nut milks. They introduced me to the “eat anything as long as it is raw” diet. Soon, I added all these items to my diet. I then hit a plateau where for about two years, I noticed no health improvements, although my health did not deteriorate either.

I started investigating what changes I could make to again experience health improvements. I began practicing Ashtanga yoga daily and noticed improvements in strength and vigor. Also, I did some consultations with some of the raw foodists whose books I had read. One told me that my liver was severely damaged from all the weight I lost and that I needed to do 12 liver flushes with 1 cup of olive oil and lemon juice. I did them but did not notice a difference.

Another told me that fruit was causing my body to be taken over by fungus, so I cut out all sweet fruit. I ate avocados—up to 5 a day—as well as greens, sea weeds, and vegetables. I did that for one month, at which point I began to have bruises all over my body. I added low-sweet fruits for two months and did not get any more bruises but did not feel better either.

Then I went back to the “eat anything as long as it is raw” diet. Soon after, I injured my back in yoga. I kept going to practice but made modifications. After a month, my back still had not healed. I added MSM, thinking it was the missing link that would heal my back. I had what I thought was more energy and slept five hours a night, but I also had heart palpitations, and my back stayed the same.

Eventually, I cut out the MSM and experienced mononucleosis. I think taking the MSM led to excess stimulation, resulting in a lack of sleep and subsequent weakened immune system; mono was one of the consequences.

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I stopped taking the MSM and was so lethargic for months that walking upstairs was a big event. I stopped practicing yoga and I eventually recovered—both from the back injury and mono.

I still did not feel right though. So I added raw dairy mainly in the form of raw goat milk cheese, thinking I had some sort of protein deficiency. I became addicted to it and ate it every day for two months. I felt worse at this point but did not realize it. Then I went camping for a month.

One morning, some wild turkeys were outside my tent eating breakfast. I opened my tent and said, “Good morning turkeys!” They did not answer. They just ignored me. It occurred to me that I am not here for their purposes, and they are not here for mine. I thought about goats and the goat cheese I was eating and decided not to eat it any more. I went two days without eating it. I was craving it though, so I had some. I watched my mood change as anger and hatred engulfed my body. I realized the impact eating the goat cheese had. After that, I made a commitment not to eat it anymore. It took several weeks until I no longer thought about it.

I started to read the VegSource website where Dr. Graham has a discussion board. I had lurked there before. I even tried eating lots of fruit and low fat, but I felt groggy and addicted to fruit when I did that. But this time I kept lurking and reading. Eventually, I read a post where Dr. Graham talked about chasing your fruits with greens. Then I realized a change I could make—eating more greens. Until then, my greens consisted of the salad I ate each week and the occasional glass of green juice. But I was not eating green leafy vegetables regularly. Also, I thought greens had to be kale, collards, dandelion—dark greens—otherwise they were not nutritious; but I did not care for the taste of them.

I gave Dr. Graham’s **80/10/10** raw vegan diet a try. I began eating fruit and following it with mild greens like celery or romaine. I started with a leaf or stick and worked up to two bunches of celery and/or two heads of romaine each day, along with a very large quantity (at least a dozen) of one or two types of fruit each day. Also, I cut out all supplements, spices, oils, frozen fruit, juices, salt, dehydrated foods, raw dairy, honey, green powders, and seaweeds. I started losing weight again. I began craving movement again and took up running and went back to practicing yoga. Most days I now average two hours of yoga, one hour of pranayama, 1 hour of running, and 25 to 50 handstands.

I also started to let go of bottled-up emotions. Now, they just flow out. I think that when I was eating heavier raw foods and spices and juices, there were a lot of emotions like anger and hurt that were right at the surface, but they kept getting shoved down with the foods I was eating. Now there is a channel opened for them to freely float out.

I no longer overeat or binge on foods. I am in touch with my body and feel full and know what my body needs. For example, shortly after I began running, I pulled a muscle in my back on the right side. I could not roll over on that side. I knew that if I rested, it would heal. I did that and after two days, it was back to normal. There was a time when I would have ignored my body and gone running anyway, but my body speaks so loudly now, it is hard to go against it and effortless to work with it.

I have been following Dr. Graham's **80/10/10** raw vegan lifestyle guidelines for four months now and have noticed more improvements in those four months than in four years on the "eat anything as long as it is raw" diet. The simplicity of the raw food diet is what was first attractive. After reading a simple book on raw foods, I instinctively followed a plan similar to the **80/10/10** raw vegan diet. It is only when I read more books and listened to others that I veered from what I knew worked for me and stopped doing what I knew was useful to me.

I have learned that if given the right conditions, my body will let me know what it needs and the key is to go with what I know works and tune out all the chatter—both my own and that of others. Dr. Graham is the only example I have come across in the raw-food movement of what works for the long term.

Roen Horn, Sacramento, California

Looking back, I definitely could have avoided a lot of troubles if I had known about the **80/10/10** diet at the start of my raw journey. At age 15, I became convinced by my brother and also Internet sites I visited, that fruitarianism was the ultimate ideal, because it avoided "killing the plant." I had already advanced through the stages of vegetarianism and veganism, which had caused me to lose some weight. After becoming a fruitarian, I immediately started to lose more weight, and I was already very thin!

My mother was concerned and sent me to get a checkup. From that point on, because of my low weight (111 lbs. at 6'1" tall), the doctor's scary

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threats of antipsychotic drugs and hospitalization lingered over me. I was scheduled for weekly checkups to ensure that I gained weight—or else!

Believe it or not, my psychologist told me that I was mentally ill/obsessive compulsive, because I wouldn't eat hot dogs, hamburgers, ice cream, donuts, etc. like “normal kids.” He also ignorantly claimed that no one eating only nuts, seeds, fruits and vegetables could possibly sustain his life, and that I would die from malnutrition if I persisted! Furthermore, he said that if I would not take his word for it, I was “delusional.”

With the pressure from both the doctors and my mother, I gave up my raw fruitarian diet. I began eating a cooked diet that included a lot of grain dishes, such as spaghetti, couscous, and rice, but I insisted on taking my oatmeal raw. This heavy-grain diet caused me to be the most constipated I've been in my entire life, and it exacerbated my acne problem. It did, however, increase my weight from 111 to 125 lbs.

Fed up with the loss of control over my diet, I decided that I would once again eat only raw fruits, vegetable fruits, nuts, and seeds. Doing so, I felt better, but again I began losing weight. So I started to trick my mom and the doctors with weights on my ankles and in my pants. Admittedly, I wasn't concerned that this change caused my weight to drop to 107 lbs., because I felt great, was strong, and my blood tests came out fine. In fact, fruitarians were telling me that I *had* to lose weight to “detox.” After this phase, they insisted that the weight would naturally come back on the same diet.

Well, as you will see as this story progresses, I nearly starved myself to death waiting nine months for that to happen, and I don't recommend it!

I loved avocados, so I often ate meals of them. I did not know better, and as a result, I continued to break out and was extremely constipated, even as a raw fruitarian. Here I was, on what I thought to be the ultimate diet, still contending with many health challenges. Even though I stopped eating cooked grains, which I assumed were to blame for my problems, and despite eating a ton of fruit, my bowel movements were infrequent, very small, hard as rocks, and painful to pass. It was so bad that many times I had to strain to get anything to come out! I was confused, thinking that a raw diet should be the last thing to cause constipation. Later I would discover that not all raw diets are the same, and the variations certainly produce different results.

It wasn't long until the weights were discovered. Soon, Child Protective Services (CPS) arrived at my house with a warrant to seize me

for a psychological evaluation and possibly put me into a mental illness lockdown facility! In the kitchen (while peeling the first orange for my breakfast meal), I heard the argument between my parents and the officers, and I shot out the back door. With the help of my brother and my cousin, who understood that I was not mentally ill but just wanted to be healthy, I ran away to Canada, accompanied by my brother.

My brother and I made up fake names and identities, and we became known as the “Wild Bush Boys of BC.” I was forced into this fugitive role, having been told that if the American authorities got their hands on me they were going to make me eat “normal” food and force-feed me Ensure (a “liquid meal replacement” drink that is *extremely* loaded with refined sugar and artificial additives—designed to “ensure” proper nutrition) through a tube if I refused to drink it!

Still dealing with constipation, when I got to Canada, I went for a colonic irrigation. After studying my eyes, the colon hydrotherapist (who also happened to be an iridologist) told me that my bowels had been left with no options other than to balloon out and form “pockets.” If she was right, then I may have to deal with these pockets for the rest of my life. If I had read Dr. Graham’s book *Grain Damage*, I would have known better!!!

On the road, and with limited funds, I didn’t have access to all the fruit I wanted, so I started losing even more weight. Eventually I was put into a Canadian hospital through the efforts of a very concerned woman who helped and befriended us. My body had unwittingly wasted, losing mass until my weight plummeted to only 84 pounds. Even I was shocked!

At first I was absolutely panic stricken with the thought that they were going to make me eat cooked processed hospital food, but to my utter relief, this hospital let my brother go to the health-food store daily and bring me the raw organic foods that I requested!

Having lost faith in the fruitarian diet that had failed me, and being in such a vulnerable state, I was completely open to new ideas. Following the advice of many raw-food books, I decided to gain weight “the *healthy* way.” In addition to the green leafy vegetables, I began eating TONS of fat. Some days I was wolfing down 6 or 7 avocados a day, not to mention all the nuts, seeds, nut butters, and oil I used in my dressings. Having abandoned some of my previous dietary dogma, I felt that I had opened a window and had “seen the light.” I thought that I had finally found what worked for me. Little did I know what I was getting into!

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Because I was already in a hospital (just as the American doctors had wanted), and because I *thought* I had nothing to lose, I agreed to risk blowing my cover to be filmed by the Canadian media. Sure enough, this event led to my discovery, and nine months after I ran away, my family finally found out where I was.

When my parents came to visit me, I told my mother that I wasn't a fruitarian anymore, but now I was a raw foodist. With some prodding from my mom, I completely gave up the fruitarian ideology by adding some cruciferous vegetables and roots (eating roots requires the death of the plant) to my diet. With this new identity of being a raw foodist, I tried to prove to everyone that I was flexible in my eating habits. At this point I subscribed to the "ism" of raw, pretty much eating anything as long as it was "raw."

Hempseed butter ... tahini ... cacao ... "Is it raw?" became the ultimate question. Everything so far was in accordance with the raw books that I was reading. However, my mother encouraged me to eat sushi, raw eggs, and raw dairy, which were forbidden by many raw foodists.

Although I agreed in theory to eat these foods, it was more of a put-on than anything else. There was no raw dairy to be had, and the hospital wouldn't allow raw eggs (or raw milk for that matter). My mom got me some raw smoked salmon, but I gladly used the excuse that it contained table salt as my reason not to eat it. However, despite my aversion to animal foods, I did include some fresh raw egg yolks when I got home, because some raw-food authors approved of them, and because they seemed to be less of a taboo in my own mind.

Despite gaining weight very rapidly in the Canadian hospital (in only a couple of months I was up to 110 lbs. and rising), and in spite of how far I had come from being a fruitarian, those meddling American doctors had me flown to America in an emergency supersonic jet (flown in from Japan), where they unjustly locked me in a mental institution and tried to coerce and trick me into eating cooked hospital foods!

My mom adamantly warned them what a raw-food expert told her—that raw foodist's bodies have a tough time adjusting cold turkey to a standard diet. Since they have less of a mucosal lining as a barrier from allergens and toxins, they need to *gradually* introduce cooked foods, starting first with lightly steamed vegetables, and should also avoid glutinous grains. Her words were *utterly disregarded!*

I could fill pages expressing the horrors of my experience with this lockdown facility. As soon as I got there, I was offered a plate of chicken, milk, greasy rice, canned green beans, and chocolate cake! The nurses led me to believe I *had* to eat what was on my plate or drink Ensure. Faced with these options, both of which were wretched nutritional abominations, I started to panic. Thinking that all my previous attempts at eating healthy and my running away to avoid the hospital and its food may have been in vain, I almost had a nervous breakdown.

Now under the control of CPS, I felt vulnerable without the protection of my parents. But I didn't lose my wits and give in. Seeing as how this American hospital was much different from the Canadian one, I realized that I would have to be persistent. Eventually, after much persuasion, I was given raw food.

How did I finagle myself out of cooked food and Ensure? My guess is that my weight wasn't low enough to warrant force feeding, and I was willing to eat what little variety of raw foods the hospital offered (mainly walnuts and some poorly ripened bananas, apples, and oranges).

Much to the disappointment of the psychiatrist who was in charge of me and was planning to starve me into submission, a judge ordered that she must let my parents bring me more variety of what I would eat. Finally, the psychiatrist realized that her plans to control me and make me eat cooked food were futile, so I was released under many conditions.

Having achieved one victory, I was soon faced with a new challenge. Not long after I was released from the hospital, I had my body-fat percentage tested, and it was 25%!!! (Conventional "wisdom" considers body fat in the mid-teens to be healthy for men; however, I later learned from Dr. Graham that single digits—under 10%, ideally about 4 to 8% for an athletic male—is a truly healthful level of body fat.)

The lady who tested me was shocked that such a skinny person could be so fat! She said I was looking at increased chances of heart disease and many other health challenges as I got older. It looks as though my weight-gaining strategy was working all too well!

During a visit to the doctor who was appointed to oversee my weight gain, my mother expressed deep concern about my 25% body fat and the substantial abdominal cellulite I had developed. But my doctor showed no concern and even told us that it was "anorexic thinking" for us to be concerned with my body-fat percentage!

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I'm not surprised that I became fat, considering that neither hospital would let me exercise. The American hospital even went so far as to tell me to sit down if I was caught idly standing!!! This is why I blame the doctors for my exceptionally high body-fat percentage. For the second time, they had blatantly ignored my mom's reasoning—she had forewarned the doctors what she had read—that it was vitally important for emaciated people to exercise while they gain weight or they would *only* gain fat—not muscle.

Even knowing that my body-fat percentage was high, I forced myself to gain more weight every day, to meet the demands of the doctors (they wanted me to be in the 10th percentile of BMI charts—where 10% of males my height and age weigh the same as I do—even though the 5th percentile is normally considered acceptable). This was absurd, since I didn't have enough muscle for my age to meet this requirement without having an excessively high body-fat percentage.

I always feared being put back in the mental facility, because one of the conditions of my release had been that if I went four weeks without weight gain they could put me back ... only next time I would have to cooperate and eat hospital food!

They should have known that this was unreasonable, because muscle is slow to gain. I heard that even the best bodybuilders rarely gain more than a pound of muscle a month. I felt trapped, and I continued to eat unhealthy amounts of avocados, nuts, seeds, and oils to gain this weight within deadlines the doctors had set for me. In the back of my mind, I was scared by the thought that every pound I gained would even further add to my already-too-high body-fat percentage. I knew that I should be exercising to gain muscle, but I was not in the best of shape, and I didn't have enough energy to motivate vigorous exercise.

Further adding to the problem, I became introduced to raw potlucks. The dishes there mimicked all my favorite cooked foods, only this time, they were "healthy" (... not!) Luckily, I was too lazy to make them at home, or else I probably would have eaten nothing else! I had completely forgotten my hygienic background of mono fruit meals, and I had lost the euphoric joyful feeling of simple eating.

Many raw-food books had it so backward, even as to proclaim fruits as the enemy because they had too much sugar. Thank goodness I was never strict enough to exclude fruits, but I did limit them, which even further added to the number of calories I consumed from fat. I felt heavy, had lots

of extremely foul-smelling gas, my acne returned in full force, and I once again suffered from constipation. I didn't feel healthy anymore.

So, what did I do? I turned to superfoods. I thought that I wasn't getting enough minerals or that I must be deficient in some nutrient. Raw-food books told me that organic food wasn't enough, and that I must have wild food, and more variety, including the full array of superfood products they sold. So I ordered jars of powdered wild vegetables, bags of cacao beans, and many other "extreme" foods that were supposed to solve all my problems. But none of them could offset the effects of my poorly combined, high-fat diet.

It wasn't until I met Tim Trader and Laurie Masters at the National Essene Gathering in July of 2004 that I got my first dose of **811**. Laurie told me that she was editing Dr. Doug Graham's book entitled *The 80/10/10 Diet*. The two of them described for me the basic concept behind the book—that "Fruit or Fat?" are really the only two choices for getting calories as a raw fooder. I immediately knew that I was on the extreme *fat* side of "Fruit or Fat?" I told them about my situation, and they showed a genuine concern for my health.

At Tim and Laurie's urging, I got myself to Dr. Graham's lectures at the International Festival of Raw and Living Foods in Portland later that summer. Though the event left me feeling more informed, it was eye-opening to see all the different opinions and conflicting advice among the speakers.

To my relief, it seemed as though Dr. Graham had sorted all this confusing mess of information into a clear, sensible plan. Especially convincing, was his description of how blood-sugar problems, commonly blamed on fruit, are actually caused by the impaired function of insulin due to excess fat consumption. I knew I had to make some changes if I was going to be healthy. If I was going to succeed as a raw foodist, I would have to be more discerning in my food choices. I would have to ask more than, "Is it raw?"

Even after hearing Dr. Graham's compelling speeches, I continually struggled with **811**. I must admit, that it was at that very same festival that I left with a CASE of cacao beans! Let me tell you, it is HARD to get over addictions.

I would be lying to say that I didn't attend the very next local raw-food potluck after my return home from the Portland Festival. But something had changed. I was no longer ignorant. Now I knew that this fat-laden, "combo-

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abombo” gourmet food was not furthering my goal of ideal health. There’s no way I could enjoy my raw pizza as I had before after hearing Doug’s “*if it looks like pizza, and tastes like pizza, you can be sure its going to digest like pizza*” speech! Now I knew what I should be doing, and if I did slip up, at least I *knew* it was a slipup.

At the end of August, I attended Rawstock for the first time, and it was a blast. Seeing **811** being practiced up close and personal was so inspiring! I was reminded of how natural and fun it was to eat simply. Knowledge is empowering, and it really does inspire change. After Rawstock, **811** really hit home for me. Now, it was only a matter of correcting bad habits, battling past addictions, and striving for **811** every day.

Whenever I have a question about **811** or other related topics, I can refer to Dr. Graham’s VegSource message boards. Dr. Graham himself takes out of his own time to offer his best advice. Many people on the boards offer expert advice and truly speak out of experience. People there are friendly; no matter how silly or trivial the question seems, usually someone can relate or offer their piece of useful insight. This board continually inspires me to continue with my goals, teaching me new information and equipping me with the knowledge to solve my own health challenges.

Knowing what I know now, neither my psychologist nor my mother was right about why I couldn’t maintain my weight. I didn’t need grains, and I certainly didn’t need hot dogs, hamburgers, ice cream, and donuts! All I needed was a little understanding, and a LOT more calories! I just assumed that because I always ate when I was hungry, I was getting enough calories. However, Dr. Graham pointed out that on the standard American diet, the food is dense, high in calories, and doesn’t take up a lot of room in the stomach compared to lower-calorie, water-rich fruits and vegetables. He explained that in order to get enough calories on **811**, you need to expand the stomach back to its natural size and elasticity in order to fit in a lot more fruit. Not having this little piece of information was, perhaps, the primary cause of my downfall as a fruitarian, second to not including greens.

I thank Laurie Masters, Tim Trader, and Dr. Graham for empowering me to make the right choices. Because of their help, I am no longer ignorant of the consequences of my actions. **811** taught me how to manage my calories without overeating fat, so I have no problem keeping on the weight.

The more fruit and less fat I eat, the more energy I have, and the more I feel like exercising, which is precisely what I need to convert my high

body-fat percentage into lean muscular weight. The closer I eat to **811**, the more all of my health challenges fade. Clearer skin, better-functioning bowels, and increased energy are a great payoff for my efforts.

It feels good to eat simply, and I LOVE fruit! Unfortunately, I LOVE fat too! I am still struggling, but I am doing my best, and my best gets better every day. At least now I can *see* where I am going, and I am not walking around with a blindfold on.

Because of past experiences of letting other people influence my decisions and consequently falling into many traps, I have learned to become a very independent thinker. My grandma used to get mad that my parents paid for so many avocados when I could have saved them some money by using olive oil instead. Now, after being a fan of **811** for quite some time, my mom just told me that my grandma says that I'm "mentally ill" because I eat such an abundance of fruits, because I avoid grains, and because I believe Doug Graham.

I just have to smile.☺

Theresa Remley, Sacramento, California

Finally, I can hear what my body is telling me after a lifetime of confusion and pain. After first experiencing trauma-induced illness at about age five and my health spiraling downward into debilitating physical and mental disorders, I searched diligently for answers. I saw psychologists as a child and psychiatrists as an adult who could never pinpoint the reason for my depression and anxiety because my underdeveloped mind as a child suppressed what happened to me. I was often ill, eventually missing nearly one day out of every week of school in the tenth grade due to sore throat and fever, yet I still managed to excel academically.

In high school, I could not play soccer without having muscular-skeletal pain and spaciness the rest of the day, and chiropractor visits could not repair this continuing problem. At age seventeen, I awoke to severe pain in my lower chest over the course of several nights. An endoscopy located a preulcerous condition, and I received antacid pills as treatment instead of dietary advice, although I was already a vegetarian due to my own conviction.

My general tiredness and sore throat intensified into acute, mono-like symptoms when I was nineteen, so I went to yet another doctor and found out that I had an abnormally high Epstein-Barr lab result. However, this was not explained to me. I thought I had chronic fatigue syndrome, but this

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illness was widely misunderstood; thus, my symptoms were largely ignored. My college attendance plummeted because of insomnia, mental foggiess, and overwhelming fatigue and pain, and my depression intensified due to my increasing sense of helplessness.

In 1997, I saw a clinical immunologist who finally diagnosed my physical illnesses as chronic fatigue and immune dysfunction syndrome, fibromyalgia, and allergic rhinitis. He told me that I was an “extreme case” with a foreseeable future of having only chronic, disabling illness. I then applied for Social Security income because of his diagnosis which gave credence to my inability to work productively since I was nineteen, and after ongoing battles with the court system, I received the aid.

I never knew how I was supposed to get better, and by fate, I met a chiropractor two years ago who practices neuro-emotional technique, which involves muscle-testing to uncover subconscious thoughts. My childhood trauma finally came out after three months of twice-weekly sessions. The experience was draining, but I was relieved to find out the root to all of my problems. The experiences as a child were more than I ever could have imagined happening to me, so I understood why my once fragile mind could not deal with it all.

I realized then that I had post-traumatic stress disorder and dissociation, which gave me new focus in consequent emotional/ cognitive therapy and EEG brain-training sessions. It all makes sense now—all of my heightened senses, panic attacks, low self-esteem, difficulty concentrating, depression, anger, insomnia, and eating disorders—I can finally see that I reacted normally to something that was not my fault, and I am now taking care of myself out of love that I did not know how to have before.

To think that my doctor once wanted me to take intravenous AIDS medicine—No Way! As if more poison could heal me? I have learned that the band-aids that are put on illnesses do not make them really disappear.

I am extremely sensitive to any form of drug, even those in foods. During this time of illness in my adult life, my vegetarian diet transitioned toward vegan, and I frequented the VegSource.com website for general, vegan recipes. I then went to Dr. McDougall’s low-fat whole foods forum and tried that diet, thinking this was the healthiest one for weight loss and vitality, although my body told me otherwise through its digestive upset. I did not understand that this was a big problem, since I had more pressing burdens in my life.

When I spent the time and emotional energy to seriously turn inward and peel away layers of toxic perceptions, I could see more about my eating habits. I saw that I needed sugars for energy, yet I could not eat enough fruits if I ate a cooked-food diet because of my digestive troubles due to improper food combinations. I thus felt compelled to eat processed junk food or drink caffeinated tea for stimulation (which made me feel sick too).

After two years of eating that diet (which barely gave me benefit), and finding my identity, I was finally ready to take Dr. Graham's forum on that website seriously. His knowledge of exercise and food-combining principles that consist of low-fat, raw foods with emphasis on fruit fit wonderfully with my newly found focus on holistic health.

I researched the general raw-food scene during my immersion into this new lifestyle over one year ago, and I made a few recipes from other leading raw foodists who limit fruit and increase fats and protein. I felt heavy and sick from nuts and oils as well as their improper food combinations, harsh flavorings, and unnecessary foods. I noticed how my candida also flourished while eating that way. Additionally, it was easy for me to overeat the dehydrated and "gourmet" meals, which is something that does not happen when I eat whole, raw fruits and vegetables.

Because I have such a sensitive body, shouldn't all "nutritionists" test their theories on someone like me who can best show if their diets cause harm?

Dr. Graham is the only raw-food teacher I will heed because he teaches in accordance with my innate need to eat primarily fresh fruits and tender greens in proper combinations, or just one type of fruit for an entire meal. By eating this way, I obtain instant physical and mental energy that is sustained throughout the day—no more naps and no more aches and pains after eating!

Only by eating this diet can I exercise without stimulants, and my recovery time is much faster with much less pain than if I would eat overt, raw fats and cooked foods. I feel only healthful benefits, as though my body feels clear enough to start serious healing, and my throat and digestive tract began to feel amazingly better within the very first day of eating this way.

When I decide to turn to cooked, vegan food as a type of band-aid to numb my emotions and body, I instantly feel sluggish and dull-minded and have fibromyalgic pain and sinusitis. However, I still do this occasionally for my evening meal, knowing full well that this acts like a drug, because my emotional state is not the strongest. This need for temporary relief sometimes

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takes precedence over the part of me that “knows better,” since cooked food definitely does not promote health for me. Dr. Graham also showed me the addictive power of cooked foods, and my heated supper can easily turn into an all-I-can-eat, vegan buffet unless I consciously plan my meal beforehand. However, even then I end up allowing more cooked food because of my addiction, which presents itself with the very first bite.

It is actually freeing to see this addiction. I am working to be strong enough to stop eating cooked foods entirely, for when I feel emotionally, spiritually, and mentally secure, I abhor the drugged effect that cooked foods, especially grains, give me. My goal is to be complete and connected, and the 100% low-fat, raw diet is an important truth in the big picture of health.

I emphatically believe from experience, that all of my physical symptoms, including candida, are secondary to the greater picture of my system originally shutting down because of the trauma I experienced when I was a young child. Our bodies are meant to heal when allowed to do so, and now is the time for me. I am happy to have finally found a teacher in Dr. Graham, who is a leader by example and an enthusiastic supporter of the intrinsic wisdom within all of us to heal.

Jacky Dees, West Bend, Wisconsin

For many years, I had a candida overgrowth with severe symptoms. The symptoms were the classic ones—itching, burning, that “yeasty” feeling, digestive problems, constipation, acne, fatigue, depression, plus many, many more. In desperation, I tried everything I could think of to get rid of it. I read every book, pamphlet, article, and website I could find about candida. I spent gobs of money and time trying to cure myself.

I had tried conventional medicine, alternative medicine, supplements, therapies, homeopathics, cleanses, mini-fasts, “candida diets,” naturopathy, and hypnosis, and I even had my mercury dental fillings replaced. You name it, I tried it. When nothing worked, I had basically resigned myself to the fact that the candida was here to stay. I would spend the rest of my days feeling like garbage, and I was only 33 years old. Depression set in, and my life turned darker and darker. On my darkest day of all, I decided to go raw, cold turkey. That was January 2002.

During my search for a cure, I had been reading about the raw food diet on the Internet. I started out using the high-fat raw diet, and over the course of the next year or so I lost 30 pounds and looked like a skeleton

(I'm 5'3" and I was down to 85 pounds). About half of my hair had fallen out, my teeth hurt, and I was basically an empty, human-shaped shell walking around just trying to get through each day.

The amount of fat I was eating was incredibly high, but I had no idea that in reality, I was eating very few calories. During this time, on the advice of the high-fat raw diet promoters, I ended up on the "candida diet" for nearly a year (no fruit, only raw veggies and fat and tons of supplements). I was convinced that someday the candida overgrowth would just go away and all would be well again. But ... that day didn't come.

One day I was reading a popular high-fat raw message board, and I kept seeing people there bad-mouthing Dr. Graham's high-fruit, low-fat diet. I became curious about this guy. I did a search, found his website, and eventually found my way to the VegSource message board hosted by Dr. Graham. I've been reading it daily ever since. I believe it has literally saved my life.

The thing I was struggling with on the high-fat, almost-no-fruit diet was that I desperately wanted to eat fruit but was frightened away from doing so. After reading some of Dr. Graham's VegSource messages on candida, I was absolutely thrilled to learn that I could eat fruit. Just reading that lifted my heart up to the skies. Also, when I read that my candida overgrowth could be gone within weeks on this diet, I could hardly believe it. Could it be? I had been fighting it for six years, and it could be gone literally within WEEKS?!

At this point, I figured that I had nothing to lose. Nothing else had worked, why not try this? I started to eat bananas. More and more bananas. I dropped the fats and ate tons of fruit. And guess what? It happened. Gone. Within weeks.

I had a consultation with Dr. Graham in June 2003 and what he taught me was incredibly enlightening. He educated me about **80/10/10RV** and suggested healthy changes to my lifestyle. I began working on improving these aspects of my life.

... And then the bottom fell out from under my world. My father, who had been battling cancer for 14 years, was rapidly nearing the end. I was flying home every other month to see him "one last time." For comfort, I turned to eating cooked food—and not the "good" kind either. I mean junk, and lots of it. My father died a couple days after Christmas 2003; thankfully I was able to be with him during his final hours.

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I'm happy to say that after I came home from the funeral, I picked myself up, dusted myself off, and began **80/10/10RV** with a vengeance. I've stuck with it ever since, and each day is better than the last. My junk-food binge put the 30 pounds back on, plus more, so I'm working on getting fit and healthy again. One day at a time. I have a long way to go, but I haven't felt this good since I was in my mid-20s.

Today, I am a 37-year-old female, 5'3" tall, and about 120 pounds. I eat approximately 2,000 calories per day and exercise daily. Most days, my lunch consists of 11–12 bananas plus celery or lettuce, and for dinner I eat fruit in season and a large salad. I keep overt fats to only a couple of times a week. My goals are to lose the excess fat, build some muscle, and improve my overall fitness. Signs of improved health have returned—my hair grew back, my skin cleared up, my teeth stopped hurting, and my digestion is improving. I'm also working on getting more sleep, sunshine, and fresh air. It's been, and continues to be, a fantastic journey.

I thought it was worthwhile to tell my story to let people know that this diet and lifestyle do work to get rid of a candida overgrowth. I know firsthand. I was severely losing the battle against candida when I started the **80/10/10RV** lifestyle. Now, I've not only beaten it, I've left it in the dust and gone on to win so many more battles.

The weapon to beat candida overgrowth is in the palm of your hand. If you decide to use it, I promise you, you won't be disappointed.

Valerie Mills Daly, Camp Hill, Pennsylvania

For the first forty years of my life, I was totally immersed in the standard American diet, depending a lot on processed foods and, as time went on, the fast food world as well. After the birth of my children in my mid-twenties, my body weight gradually increased, but my overall health was okay, at least to my way of thinking at that time. Sure, I would get colds and flu now and then, and yes, I wasn't as eager to run around in the park after my kids, and yes, the stairs seemed to be more of a challenge, but overall I saw myself as a fairly healthy person, even though the excess weight (at this time 70 pounds over my lowest adult weight) did not please me.

Just before turning 40, I married my second husband, and his children were attempting to be vegetarians, of the egg- and dairy-eating variety. As a way of connecting with the kids, I began to investigate this way of life, and decided it wouldn't really be that hard to change. So, for the next five years,

we ate a mostly vegetarian diet, during which time I put on another 70 pounds. I also began to have problems with my health.

During this time, I also saw my husband dealing with several health issues which included high blood pressure, Type 2 diabetes, and gastric reflux. I also witnessed the severe side effects of the various medications he began to take to deal with these issues, and I found myself wanting to avoid the same kind of experience.

However, as time went on, my health problems began to multiply. I became asthmatic, which was very frightening. I also began to have problems with gastric reflux and a hiatal hernia. For the first time I had problems with blood pressure, and when I was 41 or 42, I was diagnosed with sleep apnea, and had to start using a CPAP (continuous positive airway pressure) machine at night to control my breathing. I had very little energy, began to have fairly regular anxiety attacks, and felt very low emotionally much of the time. I had perpetual head congestion, and I continuously cleared my throat. I began to have problems with dry skin and brittle nails, and then psoriasis began to appear. I began to break out with hives fairly regularly but could not find out what was causing them. My hair began to thin very noticeably.

Then about five years ago, there was a period of time when I had intense itching all over my body, but especially in the extremities, combined with intense swelling of my hands and feet. Then there was extreme joint pain in my knees and ankles. This went on for about a year. My doctor could not diagnose the problem and sent me to a rheumatologist who suggested that I might have something called psoriatic arthritis, and that I should try a certain medication. I can't remember what it was called, but I do remember that he said that it would require monthly visits for blood work, since the medication was highly toxic to the liver. So, I made a choice—I thought I could better deal with the itching and swelling than I could deal with not having a liver—so I just said, “No thanks!”

I began to seriously investigate the area of nutrition at this time, and some friends encouraged me to consider going vegan. I dropped the dairy and eggs that had continued to be part of my diet. I LOVED cheese, but I hated what was happening to my body, so I tried it out. I ate mostly fruits, veggies, grains, legumes, some raw and some cooked. I began to see some improvement almost immediately; the psoriasis began to fade away, I was able to use the CPAP less and less, and I began to lose some weight.

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I was feeling pretty good about what was happening, and continued to do research in the area of vegan nutrition. That was good, but what was not good was that I began to increase my use of vegan processed foods, and I began to think I needed certain kinds of supplements. My cupboard began to fill with various powders, pills, etc., all guaranteed to be good for me. I also began to experience increased anxiety trying to find the “right way” to become healthy. I also gained another 20 pounds.

I then connected with some folks who were following a modified raw diet, averaging about 85% raw (15% fruit, the rest veggies, seeds and nuts) and 15% cooked. They used supplements, but minimally, and juicing was a large part of the diet, as well as making mock cooked foods, often with the help of a dehydrator. I was intrigued, and I gave it a try. I bought a juicer, I bought a dehydrator, I bought the books, I bought the special supplements.

I dropped processed foods entirely, drank a lot of juice, and ate a lot of salad. Cooked-food portions would often be based on potatoes, brown rice, whole-grain pasta, or bread. I began to see improvement again: the weight began to come off, I had increased energy, I was able to get rid of the CPAP completely, and my gastric reflux disappeared. I still had problems with itching, but it had decreased.

The problem I ran into with this way of life, however, was that I began to have days of weakness and hunger, which I would assuage with nuts and dried fruits, or dense foods like hummus, other legumes, tahini, almond butter, etc. And I found I was beginning to feel some of the old heaviness and apathy that I remembered from my SAD days. I couldn't understand it, because I thought I was doing everything right. The other thing was, that I was simply tired of working so hard to make the right kind of food for me to eat, especially since I was still cooking SAD food for my husband.

Then, I became familiar with the world of the 100% raw foodists; initially, it was the writings of Victoria Boutenko and her family, Alissa Cohen, and Frederic Patenaude that opened the raw-food door for me. Their enthusiasm, their stories, their sincerity—all of this inspired me to at least give it a try. So I bought books, milk bags, and slicers, got myself all ready to go ... and ran into another wall.

The more I read, the more confused I got, because there were even more voices out there in the raw-food world, and it was hard to find folks who would agree on the constituent parts of the optimal diet. And I was really afraid of not doing it “right.” I might get sick, or I might fall apart.

(Funny, how I didn't worry about this so much when I was eating Twinkies and Ding Dongs!) Again, anxiety was my friend.

Finally, through a friend, I became familiar with Dr. Doug Graham and his work in the area of raw food and Natural Hygiene. At first, I thought, "This is just way too extreme," but the more I read, the more I was attracted by the simplicity and common sense in his information. It was hard to imagine that eating mostly fruit could be good for me, and the whole **811** thing was pretty intimidating at first. (I am the Almond Butter Queen!) But I came to believe that it just might work for me. While some other paths had helped, I always seemed to come back to some basic problem with all of them.

Another part of his program that made a huge difference in my thinking was his list of the other elements of hygiene. As Dr. Doug says, you can eat all the right foods, but you are only as healthy as your weakest link—whether that be sleep, rest, water, sunshine, movement, etc. I could see that I was looking at what I was eating to heal me, and I was totally ignoring the other aspects of my health. I was trying to function on five hours of sleep each night, no rest during the day, not enough water, very little exercise or activity, no time outdoors in the sun at all (I didn't want to get cancer ... go figure). I had never come across such a comprehensive program, and I decided to give it a try.

Well, it has been several months now. I am slowly losing weight (about a pound a week on average; I still have over a hundred pounds to lose, but I'm not worried ... it's coming off). My skin has improved, I am more alert, and my mood is generally positive. I have no more anxiety attacks, no more swelling and itching of my hands and feet. I have no more gastric reflux at all, no more joint or neck pain, and my head congestion is minimal at worst (I can sing again without going into spasms of coughing, much to my relief).

I am trying to establish a more regular schedule of sleep, and I use my lunch hour for rest, sitting in my car and listening to soft music for an hour each day. I don't juice as much, and while I sometimes have monomeals, I still find myself depending on smoothies for a good portion of my food intake. I am not 100% consistent, but I have come a lot closer to the **811** ideal for my intake, and it was easier than I thought. And it is definitely easier to eat a pile of clementines for dinner, than trying to make a raw vegan version of the cooked food I am preparing for my husband!

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When we go visiting, I just pack a couple of boxes of fruit, and eat that wherever we go; most of my family and friends are used to this by now. If I go out for dinner, I just call the restaurant ahead of time. If they can accommodate me, great; if not, I eat before we go out and just go along for the company.

Things that I used to think would be hard about this way of life no longer seem that way to me. I am so tired of being so limited, so sick of having to deal with so much pain, that I am no longer willing to compromise in the name of “peace” with others; it is a false kind of peace that demands that I do something that will ultimately hurt me. I am going to turn 50 in 2005, and I hope to be even healthier and more energetic than I am now. Every day seems to be better than the day before, and I find even the hard things easier to handle. I would not go back for anything!

Kathy Raine, Ithaca, New York

I went raw six years ago for chronic intense jaw pain, which subsided on the raw vegan diet when nothing else had helped. My husband and two young children went raw with me, but eventually we fell away from it. When my pain came back, we went raw again, and I researched a little bit more about the raw vegan diet through books and the Internet. I experienced initial improvement, but after a while I hit a plateau with my healing, and then started having health problems again. I felt I must be doing something wrong; I was sure that raw vegan was my best option, but I was starting to get frustrated.

All along my journey, I had been confronting and clearing up fears, misgivings, bad habits, and preconceptions about nutrition that were ingrained into me for years, and slowly but surely, I was making progress. I knew that the more simply I ate, the better I felt, but I wasn't ready to step into Dr. Graham's **80/10/10**, low-fat diet until after I heard him speak at the raw festival in western New York state for the third year in a row. What he says about food and health makes a lot of sense. He also walks the talk about exercise and is very inspiring in that respect.

When we got home from the festival, my family and I went right to raw, fresh, whole, ripe, and organic fruits and vegetables. Our health started improving again right away, and it is slowly gaining every day. An added benefit is that life is much simpler now. I'm not spending hours prepping, dehydrating, and assembling fancy raw meals. I buy a wide variety of fruits

and veggies, and now it's easier for my family to just look around the kitchen and see what it is their body wants for nourishment. We also make sure we exercise every day, and have fun doing it.

So in the last weeks that we've been eating this way, we're doing better than ever without all the nuts, oils, and dried "foods" we once relied on. We've also been doing very well without supplements and powders, thank you. Our energy, strength, stamina, and even mental attitude are improved. Our skin is healthier, our sleep better, and those little and not-so-little health problems that were sneaking back are now sneaking away. It's a great relief to have Dr. Graham's science and experience guiding my family and me.

Carina Honga, Langley, B.C., Canada

In January 2005 my alarm clock went off. The time had been long coming, but now my health was deteriorating rapidly, and this time, my body wouldn't let me hit the snooze.

I was 22 years old, a full-time university student, and a professional model. It was crunch time. I had the biggest project of my academic career on my plate, no time for hiccups. However, amidst this external chaos was an invisible parallel crisis being waged inside my body.

Health had always been an issue for me; I had been given enough red flags in my youth to make a bed sheet. Every second bite of food I took seemed to bite back, increasingly so as time passed, and I quickly developed an unbalanced relationship with food. The bloating of my abdomen would often leave me appearing several months pregnant. I spent my adolescence hiding my inner pain, embarrassed by my symptoms. During this time, I was also very active as a competitive figure skater, and so my caloric intake was incredibly high, which only complicated my digestion further.

By 2005 I had long since abolished gluten and dairy from my diet of my own volition, and following the indications of "health care professionals," animal meat became the staple of my diet. I was told I needed it to build muscle for training. I was told I needed it because of my blood type (O-). I was told that I needed it for my candida, for calories, for this and that; in short, meat was the answer to all of my problems. I conceded, and reaped the consequences. My symptoms worsened.

So, when my digestion slowed even further in the fall of 2004, and ulcer symptoms mounted, I was not caught off guard. I listened to the suggestions

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of doctors and naturopaths and began to eat meat several times an hour to subdue the burning in my stomach. It was a stressful time, as I was heavily involved in a large-scale project that I was in charge of coordinating. Quickly, the anxiety attacks began. By now, my outward appearance evidenced my internal strife, to everyone but me. I maintained focus on school and ignored my health, modifying my involvement in projects only to the extent that I would pause for anxiety attacks. Life went on.

I made it through that semester with the help of family and friends. Come January however, the alarm was sounding so loudly that it became hard to ignore. My bowels were moving once every 10 days at best, and attempts to medicate my ulcer symptoms lead to mouth lesions. I was experiencing dizzy and fainting spells, as my blood pressure dropped and heart rate plummeted. I was forced to drop half of my school course load, as I was all but bedridden. Unable to care for myself sufficiently, I moved home.

The deciding factor came when my mother, a registered nurse, came home from work one day disturbed by a girl my age who had just been diagnosed with colon cancer. You're next, she thought. Everything I had been told by the medical community had led me to this.

I dropped everything and began my own research.

I soon happened upon information about raw food that changed my life. It didn't change my life because it was about raw—this is key—but because it described the natural, physiologically sound relationship that humans are meant to have with food, and with life. I first read David Klein's *Self Healing Colitis and Crohn's*, which lead me to Dr. Graham. In retrospect, had I found the wrong info on raw, I know that I would have continued to worsen. I was very lucky.

My diet changed overnight. Let me rephrase that, my life changed overnight. I stopped eating everything I had been eating and started to eat fruit. Within days, I had the first normal bowel movements I had ever experienced. However, my digestive system still on the mend, I followed my instincts and ate very small amounts of juicy fruit. This continued for about six weeks, after which I finally started to increase the quantity; somewhere between two and three months, I added in vegetables.

Also after six weeks, I noticed that my eyesight had normalized completely, after a decade of wearing glasses. Not just slightly improved, but entirely normal. My nails began to grow thick and strong, as did my hair, which thankfully stopped falling out. (I have since learned that this is a

common occurrence among people switching to **811**, predictably followed by a healthy regrowth of new hair.) My eyes shone bright, my previously puffy face deflated, and I looked the picture of health. So much so, in fact, that after a few short months on this program, my parents became so convinced, that they too began with **811**. None of us have looked back.

I must stress that I did not only alter my diet; I altered my life. The school year ended for me, and I began a deep, extended rest. I was sedentary for nearly six months before I began vigorous exercise, and I avoided overt fats for this entire period. Each day I sought fresh air and sunlight. All of this was made possible by my family's love and valuable support.

This all began over a year ago. I have since been to Costa Rica as an intern for Dr. Graham at his fasting retreat, which inspired me to pursue health studies in order to prepare myself for a career in the field. My experiences there, and the leadership Dr. Graham has provided overall, have been influential beyond measure. Having found my calling, and my mentor, I can enthusiastically say that **80/10/10** was the turning point for the health of my family and me, and provided a foundation upon which I will pave my professional future.

Ryan Earehart, Maui, Hawaii

The low-fat raw vegan diet has given me increased energy, more desire to perform physical activity, the best digestion I have ever had, and complete satisfaction with my pleasurable eating habits. Following a low-fat raw vegan diet has allowed me to achieve levels of health I never dreamed imaginable.

Overcoming chronic fatigue, severe allergies, annoying acne, and burdensome asthma were just the beginning. Over 3 ½ years ago, I virtually eliminated overt fats from my previous raw diet and adopted a diet of whole, fresh, ripe, raw, organic, delicious fruits and plants.

Now I can eat as much of anything I want so long as it passes my two tests: first it mustn't have a bar code, and second I have to be able to make a meal of it by itself. Eating mostly mono fruit meals with a nonfatty salad later in the day is my recipe for success. Eating this way is just so easy—hardly any dishes, no fat to clean out of my salad bowl, and hardly any time spent preparing my food.

Ten months ago, I changed my life dramatically and moved from the Arizona desert to the jungles of Hawaii. I was feeling great, excited to live

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off the land in a remote location without a vehicle. I soon discovered that I was unable to forage enough carbohydrates into my diet, so in order to get enough calories, I chose to eat what was raw, wild, fresh, and available. This included lots of veggies and garden greens, as well as non-sweet fruits like tomatoes and cucumbers.

Yes, I was eating bananas, papayas, guavas, jackfruit, cherimoyas, oranges, and many other fruits, but not in sufficient quantities to meet my caloric needs. However, there were plenty of coconuts, avocados, and macadamia nuts all around, so I used these high-fat foods to meet my caloric needs. I was fine for about the first month, then I noticed some wounds not healing very fast and even getting worse with time.

I had developed a staph infection quite simply by eating lots of fats mixed with lots of sweet fruits, and my energy was drained. I was unable to perform intense physical activity, and my wounds were still not healing. After a month of trying to let my body heal itself while still eating the same way, I realized I was preventing my body from healing by eating the coconuts, avocados, and mac nuts. So I began a water fast that lasted nine days, during which I got lots of rest and completely healed all my wounds and gained back my vitality.

This demonstrated to me once and for all that the low-fat raw vegan diet was the only way for me. Since the fast, I have thrived each and every day by eating large quantities of sweet fruits and large nonfat salads in the evenings. I keep my fat percentage between 7 and 13%, and I have never felt better. Thanks, Doug, for teaching me the science that makes my body thrive.

Julie Wandling, Akron, Ohio

Four years ago, I weighed 315 pounds, with high blood pressure of 199/100 and very high cholesterol. I was experiencing severe chest pains, ringing in the ears, dizziness, and overall body pain. I never slept well and was basically miserable in my own body. The doctor told me I was borderline diabetic, and I was living on muscle relaxers due to chronic lower-back pain—all at age 35!

In 2000, I discovered The Hallelujah Diet and from there Dr. Doug Graham. My mom and I adopted the raw-food diet and immediately experienced physical benefits. After becoming Health Ministers, we started a support group and invited Dr. Graham to visit. After hearing him speak on the benefits of fruits over fats, I began limiting nuts, seeds, and oils and

increasing fruits. I had always been told to avoid fruit because I was obese, so this was a bit scary at first. One doctor even told me never to eat bananas as they would cause me to become diabetic! Now I thrive on bananas. Needless to say, we've had Dr. Graham come back to speak for us several times now! Besides being a great lecturer, he is fun to play with.

My two boys, Corbin and Ryan, changed their diets along with me and have experienced awesome health ever since. Both love when Dr. Graham comes to visit because he plays tennis with them—soon they will be beating him! They eat cases of fruits every week along with plenty of salads and a few cooked vegan foods. They are training everyday and playing tournament-level tennis every weekend at ages 13 and 10 respectively. Ask them their favorite food and they will both reply, “Banana smoothies!”

Dr. Graham says something in his lectures that really prompted us to not just exercise but to play hard—he said we need to “earn our fruit.” I am happy to report that four years later, I have lost 125 pounds, my blood pressure averages 110/70, and my cholesterol is 153! I play hard and live a full, pain-free life!

Dr. Samuel Mielcarski, Roswell, Georgia

As a child, I loved to eat. I was never overweight, but I experienced a plethora of other problems, such as joint pain, lethargy, mood swings, gas and bloating, and feeling feverish, anxious, and sometimes really depressed.

As I moved into to my teenage years, I was informed that these issues were just part of being a teenager and that I would “grow out of it.” When I hit my early twenties, I was still waiting to grow out of the problems I was having, but they persisted and eventually worsened instead.

I was always a competitive athlete growing up, and after college I decided to compete in an amateur body-building competition. In 1998, at the age of 25, I found myself on stage holding a second-place trophy at the Mr. Atlanta Body Building Competition in Atlanta, Georgia.

I appeared to look great to those watching the show, but this greatness was merely superficial. I did not look so great on the inside, as became evident in the weeks following the competition. It was then that my typical childhood and teenage symptoms began to worsen, compounded by significant intestinal pains and urogenital problems, including prostatitis.

Prostatitis is a condition where the prostate gland (the chestnut-like structure that sits below the bladder and surrounds the urethra in a male)

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becomes inflamed and irritated. This condition can lead to problems with urination and sexual functioning.

It became apparent to me that I had this condition when on several occasions I felt the need to urinate but was unable to do so. This was a most frightening experience at the time. I sought a professional opinion from a urologist, who confirmed the diagnosis of chronic prostatitis. When I asked him about the cause of this condition, he said, “We are not really sure, but it appears to be a cluster of infections that collect in the prostate region of the body.” When I asked about a possible link between my diet and the intestinal pains, bowel irregularity, and prostate problems I was having, the doctor just said, “I suppose there could be a link.”

I was determined to find the cause and rehabilitate it, and without drugs! Concurrently with rehabilitating myself from poor health, I discovered the science of Natural Hygiene. Implementing the principles of this true health-care system as part of my rehabilitation, I was somewhat successful in conquering the cause of the problem, as well as preventing other problems from developing. I had several signs and symptoms of cancer already, and I was in the prime age group for developing testicular cancer, despite being told by some medical doctors, “You are too young to have such problems.”

A year after the competition, I was feeling better, but not 100% better. When it came to restoring my health, I wanted perfection. It was at this time that I met Dr. Doug Graham at a Raw Passion event. Dr. Graham provided me with profound dietary advice. He explained the concept of a raw vegan diet in simple terms, and it all made sense to me. I realized that although I had made many healthful changes in my life, my diet was still in need of some adjustment. The ways I ate as a child and during the body building competition were not truly healthful, as evidenced by the disease and distress I suffered while consuming such a diet.

After implementing the low-fat raw vegan dietary and lifestyle principles Dr. Graham shared with me, my body was finally restored back to optimal health and well-being. Dr. Graham showed me that bodily building was more important than just body building.

I still love to eat. The difference now is that I don't suffer the usual symptoms and distress I used to experience when doing so. From one doctor to another, thanks so much, Dr. Graham, for *all* your help!

Laine Smithheisler, Nashville, Tennessee

I did not become raw because I had any noticeable illnesses, nor did I do it for animals' rights. I was young, in good shape, mentally stable, and was a member of a loving, albeit somewhat dysfunctional, family. I still can't put a finger on why I became raw. I just did, and much of the time that seems like an oddity in the raw community.

Yet, I have the feeling that a silent majority of people out there have had similar experiences of just happening to come into contact with the idea of raw foods. I want these people to know that a healthier lifestyle is indeed relevant to them. However, I don't want anyone to have to make the mistakes I did by following a high-fat raw diet supplemented with dehydrated foods. Because raw foods is much more widespread and mainstream today, everyone should be able to find the "right" sources; in effect, bypassing the hurdles that those of us who had no other knowledge ran straight into.

After two and a half years of eating completely raw (May 2002) and at the young age of eighteen, I began experiencing extreme fits of pain, which would endure for entire nights. It felt like someone was pressing down on the center of my chest while thrusting my stomach into my chest—like a heart attack mixed with acid reflux. For the next six or seven months, I let this continue, and continue it did—frequently (cycles of one or two nights a week followed by a few months of absence). However, I think the worst part was that slight pains, similar to acid reflux, would start early in the day before an entire night of full-blown pain. I often knew what was coming, imagining and dreading it.

In January of 2003, under the pressure of my family (who practice the standard American diet) and doctors, I allowed doctors to remove my unusually inflamed and infected gallbladder (which was even worse than that of a person on the standard American diet who has gallbladder problems, and certainly abnormal for someone so young).

Overwhelmed by a high-fat diet (and, yes, I was 100% raw), my gallbladder had fallen victim to gallstones, which are built from bile particles—in my case, mostly constituted from fats. Produced in the liver and secreted by the gallbladder, bile helps the small intestine digest fats and remove waste products. A gallstone can grow as liver bile passes through the gallbladder. Consequently, my high-fat diet multiplied this effect, meaning the more fatty foods I ate, the more bile was released and trapped.

Still, the pain failed to cease after doctors removed my gallstones. Near the end of that January, I developed jaundice—a symptom of a gallbladder infection—which cast a yellow tint to my skin. It was at this point that the seriousness of what was happening hit me.

Imagine eating raw foods for so long and being confronted with this situation. A year of the most mind-numbing pain had deeply affected me, and I gave the doctors permission to operate on my body. Though I am thankful I do not suffer the pain any longer (though there are occasional pangs reminiscent of previous pains that continue to frighten me), I still experience mental grievances at the thought of what I permitted—no, not allowing doctors to remove a bodily organ, but rather, letting myself adopt the mindset that as long as I followed any raw diet, my worries were over.

Though I mostly avoided oils, at one point I had been consuming a small jar of almond butter a day for several months. I should have realized that eating two or three avocados a day wasn't the answer to Eden. Yet, my answer to high-fat was just as detrimental. Instead of focusing on fresh fruits and vegetables, I supplemented the stimulation and satiation I got from avocados and nuts with the quick fix of very high-sugar fruits. I would eat twenty or thirty dehydrated figs or dates daily. My payment consisted of dreaded trips to the dentist and multiple cavities.

I know one can be deficient on raw foods, and I struggle just as much as the next person. But, I also know that a sound diet can correlate with a sound mind. By learning to appreciate and *reward* my body by eating a low-fat, low-sodium diet (Doug Graham's **811RV**), I have learned to love myself by realizing that health is much more than diet and exercise. For me, health can be as seemingly simple as proper sleep or the having a positive attitude, and as complex as intellectual stimulation or maintaining and repairing human relationships.

Lori Williamson, Portland, Oregon

My name is Lori Williamson, and I am a licensed massage therapist. I have been eating raw food since 1997 and was building to an all-raw vegan diet. I finally leaped into 100% raw on August 25, 2003.

Before I started to eat raw food, I had a whole host of health problems that were terrible to live with. Vertigo, fatigue, depression, carpal tunnel syndrome, stomach aches, sciatica, neck pain, migraine headaches.

Although raw food helped me get past these terrible ailments, changing to Dr. Doug Graham's **811** program took me beyond any diet I could imagine!

Still consuming lots of raw dehydrated products and raw fats, when I came across **811**, I really started to notice some energetic differences. Even though I had been high raw for many years, I still had some problems. When I went 100% raw, the problems lessened a lot, but my teeth were very sensitive and were not doing as well as I would have hoped on all raw, because of the high nut content in my food. My back would be a little stiff from sleeping on a stomach filled with raw fat or dehydrated food. My periods were still slightly painful, and food did not digest well—until **811**, that is.

Now when the I follow the **811** program, I have this boundless energy that tickles my stomach, and I get so excited I want to laugh and giggle. Maybe it's because I am so happy that I do not have to deal with health problems anymore.

When I think of Dr. Doug Graham's work, I think of the following quote from Albert Einstein: "Nothing will benefit health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."

As raw fooders, we thought we had it all, but when the **811** program came along, raw vegan truly evolved. I wish everyone could experience the way one feels on this diet. It is amazing!

Thank you, Dr. Graham, for your continued efforts to help people attain their optimum health.

Petr Cech, Denmark

I have been incorporating Dr. Doug Graham's low-fat raw vegan plan into my life since 2003. At first I had my doubts, and I sometimes stepped aside from my path, making lifestyle choices that did not serve me so well. But I knew the **80/10/10** program was right for me, so I have stayed on this diet now for almost two years, learning and refining it more and more.

I used to struggle with my weight, undereating calories or overeating fat. I had no energy and was very thin. I have absolutely no problem gaining weight and muscles on **811**. I have gained 20 pounds on this high-carb, low-fat diet, eating two to three meals each day. It takes some time to adjust the (unnatural) body to this (natural) diet, but it is undoubtedly worth it.

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If I also meet the other needs of my body (sleep, rest, sunbath, exercise, spiritual needs), this diet plan allows me to focus fully on my daily activities, supporting my body's nutritional requirements and enabling short recovery time after training, better sleep, and better resistance to colds, sore muscles, and sunburn.

Dr. D. advises that we get "enough" calories in our main meal. For me, that is 1,500 kcal at lunch. Eating a large afternoon meal frees me to concentrate on things other than food during the day, leaving me satisfied for four to six hours after eating. Before, I was eating five meals a day; now it's usually two to three.

One thing is for sure, I would never make it without Dr. Graham. His wisdom, experience, honesty, and patience in answering questions have helped me through many dark times.

The most precious things I have learned from Dr. Graham's books and personal comments: Keep it simple and see the bigger picture of healthful living. I never met Dr. D., but my thoughts and love will ever be with him.

Dave Klein, Sebastopol, California

Twenty years ago, after being very sick for eight years with ulcerative colitis, I saw the light and all at once changed my SAD diet to a 95% raw low-fat vegan diet of mostly fresh fruits. I healed up quickly and went on to experience robust dynamic health.

Over the past ten years, I have maintained a 100% raw low-fat vegan diet and my mental and physical energies have never been higher. I am age 46; a friend told me the other day that I look like I am 17. When I eat nuts, seeds and/or avocado more than once per week, my physical energy and mental clarity decrease, and I don't feel and look healthy and alive. Eating more fat than we can digest and utilize leads to toxemia and subpar health.

People forget that there is some fat in bananas and even lettuce, and I eat plenty of those. That is really sufficient, except during the winter. During the initial detoxification and rebuilding phases, a low-fat vegan diet may not seem sufficient, but if you stick with it and live a healthful lifestyle in a climate that is not too cold, it becomes apparent that the **80/10/10** diet is the optimum way to go.

Robert Dyckman, New York, New York

Last year, I heard Dr. Graham speak about the **80/10/10** ratio of nutrients, and even though I'd been off the standard American diet (SAD) for three years, I still occasionally felt sluggish and a bit clogged up when I overconsumed nuts, seeds, and other fats. Now, while that was still better than the way I felt after a SAD meal, I prefer enjoying *superior* health, not just average or "standard."

So I made changes in my eating habits, vectoring my diet in the direction of **80/10/10**, and in a very short period of time I felt more energetic during and after exercise, slept better, felt calmer and more at ease, saw better definition in my muscles, and perhaps best of all for me (an actor and singer), my singing voice was clearer and stronger! It also now takes a heck of a lot less time to warm up my voice before I perform.

This year has been amazingly healthful and I feel grateful for the bounty that awaits me every single day. Thanks Dr. Graham for your inspiration and wonderful knowledge!

Sky Grealis, New Brunswick, New Jersey

I was so pleased with the results when I first transitioned to a raw diet, and I thought I could eat anything raw with abandon and maintain perfect health. When I found myself as tired as I had been before raw, I blamed it on "detox." Luckily, it was at that point that I found Dr. Graham and the **811** way of eating. Thanks to him and this program, I am energetic, have lost 35 pounds, and have been able to put on solid muscle for the first time in my life.

Dr. Graham is the most down-to-earth leader in the raw-food movement—one who offers common-sense advice and speaks the truth even if the world doesn't seem ready to hear it. Hats off to Dr. Graham and low-fat raw veganism!

Tera Warner, Montréal, Québec, Canada

I've spent 30 years feeling lost in my own skin. I've never suffered any significant health issues, and I always had tonnes of energy (relatively speaking), but I'd look in the mirror and think, "Those are my legs!? That's my skin!?" This morning I woke up feeling tearful appreciation for the fact that after 30 years of struggling with insecurity and self confidence, I'm finally starting to feel comfortable in my own skin. My skin is soft, water retention disappears more and more every day. I know my limits, I control

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my food (instead of it controlling me). This, the result of working relentlessly toward achieving **811RV**.

I understand that health is more than nutrition, but for me, when proper nutrition has been applied, everything else sort of settles right into place naturally. I had no idea that **811** would have had such a tremendous effect on my life. I thought I was happy, high energy, active, and positive ... I guess it's a matter of degree. I'm thrilled about plunging myself into this living adventure the most I can—and about reveling in this newfound liberty of thought. I look forward to meeting Dr. Graham next year and thanking him in person.

Appendix D. Resources for Diet Analysis

A number of websites and software tools exist that can analyze the food you eat. They calculate your intake of various nutrients and help you make sure you are getting an appropriate number of calories each day. Most people do not realize just how little fat it takes in the diet to exceed 10%, given that even fruits and vegetables contain some fat. The automated calculators are very helpful in this regard.

You can also download a PC version of FitDay, which allows you to use the software without being on the Internet. Or you can download another excellent free program (I consider it the best), called **CRON-O-Meter**, from <http://spaz.ca/cronometer>. This tool yields results including a caloronutrient pie chart; a summary listing of calories, protein, carbohydrates, lipids, vitamins, and minerals; and a detailed breakdown of vitamins, minerals, amino acids, lipids, and more. You can view all of this data for any single ingredient or food, for any recipe you enter into the program, or for an entire day's intake.

Unfortunately, there are many variables in the caloronutrient equation, and you will find widely differing results among the various nutrition-analysis tools on the market (see sidebar, "**Error! Reference source not found.**" on page **Error! Bookmark not defined.**). Thus, your calculations may not correlate exactly (or even closely) with the ones in this book or with the numbers that others claim to have derived. At best, they are rough estimates. Use them accordingly.

The USDA Nutrient Database

The above products and their competitors all use for their underlying data the USDA's National Nutrient Database for Standard Reference, a repository of nutritional information for more than 7,300 foods. Available on CD-ROM, as well as online at www.nal.usda.gov/fnic/foodcomp/Data, this database tracks more than 100 nutrients and is the foundation of virtually all public and commercial nutrient databases used in the United States and a number of foreign countries.

The database is a compilation of data derived from published scientific and technical literature as well as unpublished sources, such as the food industry, other government agencies, and research conducted under USDA contracts with universities and food testing laboratories. Unfortunately, less than 15 percent of its information comes from primary laboratory research.

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The USDA periodically reviews and updates information for some portion of the foods it tracks and issues new releases of the database. For example, release SR-16 (its sixteenth major release) in January 2004, updated nutrient profiles for 28 raw fruits and 23 raw and cooked vegetables. At least nine fruits changed significantly in terms of caloronutrient ratio with that release. Therefore, it is a good idea to check that the software you choose for calculating your calorie and nutrient intake keeps up to date with the most recent data from the USDA. As of late 2010, the current release is SR-23.

An Inexact Science at Best

Unfortunately, the information in the USDA database (though it is the best information available) is of questionable value. A 1993 General Accounting Office report criticized the Department of Agriculture for using lax methods to evaluate nutrients, citing (among other things) small sample sizes and “little or no supporting information on the testing and quality assurance procedures used to develop the data.”⁷

Even under the best of circumstances, nutritional analysis is far from an exact science. The USDA attempts to address “physiological availability” of the caloronutrients in foods, but it does not consider in any meaningful way, whether the foods are cooked or raw, animal or plant. It does not begin to account for nutritional differences between conventional produce, organically grown produce, and produce grown in highly bioactive soils. At the micronutrient level, these cultivation methods would yield considerably different results. Sadly, Western science is generally ignorant of such issues at the level that raw nutritional science and Natural Hygiene understands them.

Nonetheless, the USDA database is the primary source of food nutrient data for this nation and beyond. Until some well-funded organization with a holistic health perspective and a different set of assumptions is able to undertake the nutrient analysis of fresh organic produce grown in nutrient-rich soils, the USDA database is all we have to analyze our nutritional intake.

Trying to Replicate the Numbers?

If you are mathematically minded and attempt to deconstruct the numbers in this book or on the USDA website, you will have to do some serious digging. After years of working with these numbers, I have learned some things about their derivation.

Atwater Energy Factors: Not 4-4-9

When assigning calories per gram values to each food item, the USDA does not simply multiply carbohydrate, protein, and fat by 4, 4, and 9, respectively. Instead, it uses the “Atwater system for determining energy values” for whole foods. The Atwater system uses specific energy factors that have been determined for basic food commodities. These factors purportedly take into account the physiological availability of the energy from these foods.⁸

The more general factors of 4-4-9 calories per gram (kcal/g) were derived from the specific calorie factors determined by Professor W. O. Atwater and his associates a little over a century ago. As evidenced in the “Food Description” table of the Microsoft Access version of the USDA database, Atwater’s system is significantly more complex than one might expect, for its conversion factors vary widely among foods.

Here are some examples of the Atwater conversion factors for selected categories of whole plant foods which, with a few exceptions, are consistent for all foods within the category. (Multi-ingredient prepared foods listed by brand name in the database generally reflect industry practices of calculating calories based on the 4-4-9 formula).

Vegetables:	fat 8.37	protein 2.44*
Fruit:	fat 8.37	protein 3.36
Nuts & seeds:	fat 8.37	protein 3.47
Flesh:	fat 9.02	protein 4.27
Oils:	fat 8.84	(oils are 100% fat)

Although the Atwater system does include conversion factors for carbohydrates, the USDA calculates carbohydrates by difference (100%–protein %–fat %), ensuring that the three caloronutrient percentages add up to 100.

Companion Guide for Audio Book

Some of the nutrient analyses of recipes and foods in this book, as well as the food charts at the back of this book, use the Atwater numbers. However, we used Nutridiary for many of the calculations, which employs a slightly modified version of the 4-4-9 model.

Inaccuracies in Nutridiary and FitDay

* The only instance where the Atwater factors and the general factors differ significantly is in the amount of protein contained in vegetables. In general, Nutridiary overstates the protein in vegetables by as much as 7 percentage points. FitDay's error (compounded by its use of an outdated version of the USDA database) is more significant, and the protein shown in vegetables can be overestimated by as much as 30 percentage points. Because of the *extremely* low caloric density of vegetables, however, these errors are unlikely to affect your overall caloronutrient ratio by more than 1%.

Varying Options for Common Portions

In addition to differing conversion factors or outdated versions of the USDA data, another source of variance among popular nutrition-analysis software products is how differently they handle food portions. One calculator may give you lettuce choices that include "head," "ounces," and "cups shredded." Another may offer "grams" and "innerleaf." Nutridiary provides the most complete drop-down list of common servings for its food items that I have found, a *very* useful feature.

Operator Error

Without a food scale, estimating portions can be highly unreliable. Neither guessing at weight nor choosing from highly subjective predetermined measurements like "1 medium fruit" or "2 small stalks" produces the best results.

If you are serious about taking on the **80/10/10** challenge, especially if you plan to analyze nutrition for others, I suggest purchasing a small digital kitchen scale. A useful model is the My Weigh KD 600, which has a 13.2 lb (6 kg) capacity with 0.1 oz (1 gram) increments, and features hold, tare, and automatic power off functions. The KD 600 is available through online auctions for about \$50.

Macronutrients in Common Plant Foods

My editor, colleague, and research assistant, Laurie Masters, created the content for this appendix, including the chart below, which list the macronutrient and calorie content of a small collection of fruits, vegetables, and fats. Also included are a few starches and grains commonly eaten among raw fooders, even though they are not part of the **80/10/10** diet.

The charts include columns for:

- Calories
- Grams of water and fiber
- Percentage of calories from carbohydrates, protein, and fat
- Grams of carbohydrates, protein, and fat.

All food items are listed in 100-gram (3.5-ounce) portions—the size of a small 6-inch banana, a small 2.5-inch apple, or 2.5 medium stalks of celery. The information in these three charts is derived from the USDA Nutrient Database for Standard Reference, Release 18, available online at www.nal.usda.gov/fnic/foodcomp/Data.

More Extensive Charts Available at FoodnSport.com

The table that follows is an abbreviated version of a larger set of charts available for purchase as full-color, double-sided laminated sheets through my website (www.811rv.org.) The series includes a hand-picked list of dozens of common **80/10/10**-compliant fruits, vegetables, and plant-based fats, as well as a selection of common complex carbohydrate and animal foods, provided for reference and comparison purposes only.

Macronutrients in Common Plant Foods									
Fruits	Cal	Water	Fiber	Carb	Pro	Fat	Carb	Pro	Fat
	100g	grams	grams	% Cal	% Cal	% Cal	grams	grams	grams
APPLES	52	86	2	95%	2%	3%	13.8	0.3	0.2
BANANAS	89	75	3	93%	4%	3%	22.8	1.1	0.3
BLACKBERRIES	43	88	5	79%	11%	10%	9.6	1.4	0.5
DATES (medjool)	277	21	7	97%	2%	1%	75.0	1.8	0.2
FIGS	74	79	3	93%	4%	3%	19.2	0.8	0.3
GRAPES	69	81	1	95%	3%	2%	18.1	0.7	0.2
MANGOS	65	82	2	93%	3%	4%	17.0	0.5	0.3
NECTARINES	44	88	2	86%	8%	6%	10.6	1.1	0.3
ORANGES,CA (Valencias)	49	86	3	88%	7%	5%	11.9	1.0	0.3
PEACHES	39	89	2	86%	8%	6%	9.5	0.9	0.3
PEARS	58	84	3	97%	2%	1%	15.5	0.4	0.1
STRAWBERRIES	32	91	2	85%	7%	8%	7.7	0.7	0.3
WATERMELON	30	91	0	87%	7%	6%	7.6	0.6	0.2
Vegetables									
BROCCOLI	34	89	3	70%	20%	10%	6.6	2.8	0.4
CABBAGE	24	92	2	83%	14%	3%	5.6	1.4	0.1
CARROTS	41	88	3	90%	6%	4%	9.6	0.9	0.2
CAULIFLOWER	25	92	3	77%	20%	3%	5.3	2.0	0.1
CELERY	14	95	2	76%	12%	12%	3.0	0.7	0.2
KALE	50	84	2	72%	16%	12%	10.0	3.3	0.7
LETTUCE (romaine)	17	95	2	68%	17%	15%	3.3	1.2	0.3
SPINACH	23	91	2	54%	31%	15%	3.6	2.9	0.4
Vegetable Fruits (nonsweet fruits)									
CUCUMBER	15	95	1	84%	10%	6%	3.6	0.6	0.1
TOMATOES,RED	18	95	1	79%	12%	9%	3.9	0.9	0.2
ZUCCHINI	16	95	1	72%	18%	10%	3.3	1.2	0.2
Starches & Grains (only very young, sweet peas/corn recommended)									
BUCKWHEAT	343	10	10	79%	13%	8%	71.5	13.3	3.4
CHICKPEAS (garbanzo beans)	364	12	17	68%	18%	14%	60.7	19.3	6.0
CORN	86	76	3	78%	10%	12%	19.0	3.2	1.2
PEAS, EDIBLE-PODDED	42	89	3	73%	23%	4%	7.6	2.8	0.2
SWEET POTATO	86	77	3	94%	5%	1%	20.1	1.6	0.1
WHEAT (soft red winter)	331	12	13	85%	11%	4%	74.2	10.4	1.6
WILD RICE	357	8	6	82%	15%	3%	74.9	14.7	1.1
Fats									
ALMONDS	578	5	12	14%	13%	73%	19.7	21.3	50.6
AVOCADOS (California)	167	72	7	19%	4%	77%	8.6	2.0	15.4
CASHEWS	553	5	3	23%	11%	66%	30.2	18.2	43.8
COCONUT MEAT (mature)	354	47	9	18%	3%	79%	15.2	3.3	33.5
FLAXSEEDS	492	9	28	28%	14%	58%	34.3	19.5	34.0
HEMP SEEDS	533	-	3	17%	27%	56%	23.0	37.0	33.0
MACADAMIA NUTS	718	1	9	8%	4%	88%	13.8	7.9	75.8
OLIVES,CANNED (small to x-large)	115	80	3	20%	2%	78%	6.3	0.8	10.7
PINE NUTS	673	2	4	8%	7%	85%	13.1	13.7	68.4
WALNUTS (English)	654	4	7	9%	8%	83%	13.7	15.2	65.2
SESAME SEEDS	573	5	12	16%	11%	73%	23.5	17.7	49.7
SUNFLOWER SEEDS	570	5	11	13%	14%	73%	18.8	22.8	49.6
OIL (all types)	884	0	0	0%	0%	100%	0	0	100

About the Author

Dr. Douglas Graham, a lifetime athlete and twenty-seven-year raw fooder, is an advisor to world-class athletes and trainers from around the globe. He has worked professionally with top performers from almost every sport and field of entertainment, including such notables as tennis legend Martina Navratilova, NBA pro basketball player Ronnie Grandison, track Olympic sprinter Doug Dickinson, pro women's soccer player Callie Withers, championship bodybuilder Kenneth G. Williams, *Chicken Soup for the Soul* coauthor Mark Victor Hansen, and actress Demi Moore.

Dr. Graham is the author of several books on raw food and health, including *The High Energy Diet Recipe Guide*, *Nutrition and Athletic Performance*, and the forthcoming *Prevention and Care of Athletic Injuries*. He has shared his strategies for success with audiences at more than 4,000 presentations worldwide. Recognized as one of the fathers of the modern raw movement, Dr. Graham is the only lecturer to have attended and given keynote presentations at all of the major raw events in the world, from 1997 through 2005.

Dr. Graham is a founder of and is currently serving his third term as president of Healthful Living International, the world's premier Natural Hygiene organization. He is on the board of advisors of Voice for a Viable Future, the Vegetarian Union of North America, Living Light Films, and EarthSave International. He serves as nutrition advisor to the magazine *Exercise, for Men Only* and authors a column for *Get Fresh!* and *Living Nutrition* magazines.

Dr. Graham is the creator of "Simply Delicious" cuisine and director of Health & Fitness Weeks, which provide Olympic-class training and nutritional guidance to people of all fitness levels in beautiful settings around the world. He is living proof that eating whole, fresh, ripe, raw, organic food is the nutritional way to vibrant health and vitality.

Endnotes

¹ Block, G. "Foods Contributing to Energy Intake in the US: Data From NHANES III and NHANES 1999–2000." *J Food Composit Anal.* 2004;17:439-447.

² "Evidence-Based Nutrition Principles and Recommendations for the Treatment and Prevention of Diabetes and Related Complications," *Diabetes Care* 25:202–212, 2002. Accessed at <http://care.diabetesjournals.org/cgi/content/full/25/1/202>.

In addition to making a clear statement in favor of whole-fruit sugar for diabetics, this article from the American Diabetes Association recommends that Type 2 diabetics consume a "very large" amount of fiber—so much, in fact, that they predict most people will not enjoy consuming it. The **80/10/10** diet, which consists of essentially 100% high-fiber foods, aligns with this guideline perfectly. Here is the quote:

"In subjects with type 2 diabetes, it appears that ingestion of very large amounts of fiber are necessary to confer metabolic benefits on glycemic control, hyperinsulinemia, and plasma lipids. It is not clear whether the palatability and the gastro-intestinal side effects of fiber in this amount would be acceptable to most people."

³ The information in this table comes from an article entitled "Glycemic Values of Common American Foods," available at www.mendoza.com/common_foods.htm. It is based on data from the following publication: Foster-Powell, K. et al., "International Tables of Glycemic Index and Glycemic Load Values: 2002." *Am J Clin Nutr* 2002;76:5–56. Accessed at www.ajcn.org/cgi/content/full/76/1/5.

⁴ "Trends in Intake of Energy and Macronutrients—United States, 1971–2000." (See note #1.)

⁵ USDA Nutrient Database for Standard Reference, Release 18. (See note #39.)

^{vi} The "conventional" body-fat percentage recommendations in this table come from a chart entitled, "Body Fat Ranges for Standard Adults," which you can access at www.tanita.com/MessageForWomen.shtml#, the website of Tanita Corporation of America, Inc. These numbers are based on NIH/WHO BMI guidelines, as reported by Gallagher, et. al, at the New York Obesity Research Center.

According to the National Health and Nutrition Examination Survey, an estimated 65% of the U.S. population is overweight and 30% is obese. Using my body-fat recommendations, these numbers would dramatically increase, since NHANES defines overweight and obesity as having a BMI of at least 25% and 30%, respectively.

I do not find BMI to be a useful measure, given that it attempts to suggest an ideal weight based on height alone and does not distinguish fat and lean mass. Therefore, I cannot provide a recommended number for comparison with the 25 and 30% guidelines quoted above.

⁷ “Food Nutrition: Better Guidance Needed to Improve Reliability of USDA’s Food Composition Data.” GAO report #RCED-94-30, October 25, 1993. Accessed at <http://archive.gao.gov/t2pbat4/150400.pdf>.

⁸ Some of the information in this sidebar comes from various USDA Web pages accessed through www.nal.usda.gov/fnic/foodcomp/, pages that document the National Nutrient Database for Standard Reference, or from the USDA publication, “Composition of Foods: Raw, Processed, Prepared,” available at www.nal.usda.gov/fnic/foodcomp/Data/SR17/sr17_doc.pdf

For a full description of Atwater’s work, see *Agriculture Handbook 74* (Merrill and Watt, 1973. Energy Value of Foods...Basis and Derivation). U.S. Government Printing Office. Washington, DC. 105p. This reference is out of print, but a scanned copy is viewable at www.nal.usda.gov/fnic/foodcomp/Data/Classics/ah74.pdf.